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MEDICINES,

MADE OF

English Herbs,

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BEING

An *Astrologo-Physical* Discourse of the Vulgar Herbs of this Nation; containing a compleat Method of Physick, whereby a Man may preserve his Body in Health, or cure himself, being Sick, for Three-Pence Charge, with such Things only as grow in *England*, they being most fit for *English* Bodies.

Herein is also shewed these Seven Things, *viz.* 1. The Way of making Plaisters, Ointments, Oils, Poultices, Syrups, Decoctions, Juleps, or Waters, of all Sorts of Physical Herbs, that you may have them ready for your Use at all Times of the Year. 2. What Planet governeth every Herb or Tree (used in *Physick*) that groweth in *England*. 3. The Time of gathering all Herbs, both Vulgarly, and Astrologically. 4. The Way of drying and keeping the Herbs all the Year. 5. The Way of keeping their Juice ready for Use at all Times. 6. The Way of making and keeping all Kinds of useful Compounds made of Herbs. 7. The Way of mixing Medicines according to the Cause and Mixture of the Disease and Part of the Body Afflicted.

By NICH. CULPEPPER, *Gent.*
STUDENT *in* Physick *and* Astrology.

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A 1750

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THE

THE English Physician ENLARGED.

Amara dulcis.

COnsidering divers Shires in this Nation give divers Names to one and the same Herb, and that common Name which it bears in one County, is not known in another; I shall take the Pains to set down all the Names that I know of each Herb: Pardon me for setting that Name at first, which is most common to myself. Besides Amara dulcis, some call it Mortal, others Bitter-sweet, some woody Night-shade, and others Felon-wort.

Descript.] *It grows up with woody Stalks even to a Man's Height, and sometimes higher. The Leaves fall off at the Approach of Winter, and spring out again of the same Stalk at Spring-time: The Branch is compassed about with a whitish Bark, and hath a Pith in the Middle of it: The main Branch brancheth itself into many small ones with Claspers, laying hold on what is next to them, as Vines do: It bears many Leaves, they grow in no Order at all, at least in no vulgar Order: The Leaves are longish, though somewhat broad, and pointed at the Ends: Many of them have two little Leaves growing at the End of their Foot-stalk, some of them have but one, and some none: The Leaves are of a pale green Colour; the Flowers are of a purple Colour, or of a perfect blue like to Violets, and they stand many of them together in Knots; the Berries are green at first, but when they are ripe they are very red; if you taste them, you shall find them just as the Crabs which we in* Sussex *call bitter sweets, viz. sweet at first, and bitter afterwards.*

Place.] They grow commonly almost throughout *England*, especially in moist and shady Places.

Time.] The Leaves shoot out about the latter End of *March* if the Temperature of the Air be ordinary; it flowereth in *July*

July, and the Seeds are ripe soon after, usually in the next Month.

Government and Virtues.] It is under the Planet *Mercury*, and a notable Herb of his also, if it be rightly gathered under his Influence. It is excellent good to remove Witchcraft both in Men and Beasts; as also all sudden Diseases whatsoever. Being tied round about the Neck, is one of the admirablest Remedies for the Vertigo or Dizziness in the Head that is; and that's the Reason (as *Tragus* saith) the People in *Germany* commonly hang it about their Cattles Neck, when they fear any such Evil hath betided them. Country People commonly use to take the Berries of it, and having bruised them, they apply them to Felons, and thereby soon rid their Fingers of such troublesome Guests.

Witchcraft.

Vertigo.

We have now shewed you the external Use of the Herb; we shall speak a Word or two of the Internal, and so conclude. Take notice it is a *Mercurial* Herb, and therefore of very subtle Parts, as indeed all *Mercurial* Plants are; therefore take a Pound of the Wood and Leaves together; bruise the Wood (which you may easily do, for it is not so hard as Oak) then put it in a Pot, and put to it three Pints of White Wine, put on the Pot-lid and shut it close; and let it infuse hot over a gentle Fire twelve Hours, then strain it out, so have you a most excellent Drink to open Obstructions of the Liver and Spleen, to help Difficulty of Breath, Bruises and Falls, and congealed Blood in any Part of the Body, helps the Yellow Jaundice, the Dropsy and Black Jaundice, and to cleanse Women newly brought to Bed. You may drink a Quarter of a Pint of the Infusion every Morning. It purgeth the Body very gently, and not churlishly, as some hold. And when you find Good by this, remember me.

Obstructions of the Liver and Spleen, Difficulty of Breathing, Bruises, Falls, Congealed Blood, Dropsy, yellow and black Jaundice, Women after Delivery.

They that think the Use of these Medicines is too brief, it is only for the Cheapness of the Book; let them read those Books of mine, of the last Edition, *viz. Riverius, Veslingus, Riolanus, Johnson, Sennertus*, and *Physick for the Poor*.

All-heal.

All-heal.

IT is called All-heal, *Hercules*'s All-heal, and *Hercules*'s Wound-wort, becauſe it is ſuppoſed that *Hercules* learned the Herb and its Virtues from *Chiron*, when he learned Phyſick of him. Some call it Panay, and others Opopane-wort.

Deſcription.] *Its Root is long, thick, and exceeding full of Juice, of a hot and biting Taſte, the leaves are great and large, and winged almoſt like Aſh-tree Leaves, but that they are ſomething hairy, each Leaf conſiſting of five or ſix Pair of ſuch Wings ſet one againſt the other upon Foot-ſtalks, broad below, but narrow towards the End; one of the Leaves is a little deeper at the Bottom than the other, of a fair, yellowiſh, freſh green Colour; they are of a bitteriſh Taſte, being chewed in the Mouth. From among theſe ariſeth up a Stalk, green in Colour, round in Form, great and ſtrong in Magnitude, five or ſix Foot high in Altitude, with many Joints, and ſome Leaves thereat: Towards the Top come forth Umbels of ſmall yellow Flowers, after which are paſſed away, you may find whitiſh, yellow, ſhort, flat Seeds, bitter alſo in Taſte.*

Place.] Having given you the Deſcription of the Herb from the Bottom to the Top, give me leave to tell you that there are other Herbs called by this Name: But becauſe they are Strangers in *England*, I give only the Deſcription of this which is eaſily to be had in the Gardens of divers.

Time.] Although *Gerrard* ſaith, That they flower from the Beginning of *May* to the End of *December*, Experience teacheth them that keep it in their Gardens, that it flowers not till the latter End of the Summer, and ſheds its Seed preſently after.

Government and Virtues.] It is under the Dominion of *Mars*; hot, biting and cholerick; and remedies what Evils *Mars* afflicts the Body of Man with, by Sympathy, as Vipers Fleſh attracts Poiſon, and the Load-ſtone Iron.

It kills the Worms, helps the Gout, Cramp and Convulſions, provokes Urine, and helps all Joint-akes. It helps all cold Griefs of the Head, the Vertigo, Falling-ſickneſs, the Lethargy, the Wind-cholick, Obſtructions of the Liver and Spleen, Stone in the Kidneys and Bladder. It provokes the Terms,

Worms, Gout, Cramp, Convulſions, provokes Urine, Joint aches, Vertigo, Falling-ſickneſs, Lethargy, Cholick, Obſtructions of the Liver and Spleen, Stone, Terms pro-

vokes, dead Birth, Sinews, Itch, Sores, Tooth-ach, mad Dogs, venemous Beaft, Choler.

Terms, expels the dead Birth: It is excellent good for the Griefs of the Sinews, Itch, Stone, and Tooth-ach, the biting of mad Dogs and Venemous Beafts, and purgeth Choler very gently.

Alkanet.

BEfides the common Name, it is called Orchanet, and Spaniſh Bugloſs, and by Apothecaries, Enchuſa.

Deſcr.] *Of the many Sorts of this Herb, there is but one known to grow commonly in this Nation; of which one take this Deſcription: It hath a great and thick Root, of a reddiſh Colour, long, narrow, hairy Leaves, green like the Leaves of Bugloſs, which lie very thick upon the Ground; the Stalks riſe up compaſſed round about, thick with Leaves, which are leſſer and narrower than the former, they are tender, and ſlender, the Flowers are hollow, ſmall, and of a reddiſh Colour.*

Place.] It grows in *Kent* near *Rocheſter*, and in many Places in the Weſt Country, both in *Devonſhire* and *Cornwall.*

Time.] They flower in *July*, and the Beginning of *Auguſt*, and the Seed is ripe ſoon after, but the Root is in its Prime, as Carrots and Parſnips are, before the Herb runs up to ſtalk.

Government and Virtues.] It is an Herb under the Dominion of *Venus*, and indeed one of her Darlings, though ſomewhat hard to come by. It helps old Ulcers, hot Inflammations, Burnings by common Fire, and St. *Anthony's* Fire, by Antipathy to *Mars*; for theſe Uſes your beſt Way is to make it into an Ointment: alſo if you make a Vinegar of it as you make Vinegar of Roſes, it helps the Morphew and Leproſy; if you apply the Herb to the Privities, it draws forth the dead Child. It helps the Yellow Jaundice, Spleen and Gravel in the Kidneys. *Dioſcorides* ſaith it helps ſuch as are bitten by a Venemous Beaſt, whether it be taken inwardly, or applied to the Wound; nay, he ſaith further, if any one that hath newly eaten it, do but ſpit into the Mouth of a Serpent, the Serpent inſtantly dies. It ſtays the Flux of the Belly; kills Worms, helps the Fits of the Mother. Its Decoction made in

Ulcers, Inflammations, Burnings, Saint Anthony's *Fire, Morphew, Yellow Jaundice, Spleen, Gravel, venemous Beaſt, Flux, Worms, Mother, Back, Bruiſes, Falls, Small-Pox, Meaſles, Wounds.*

in Wine, and drunk, ſtrengthens the Back, and eaſeth the Pains thereof: it helps Bruiſes and Falls, and is as gallant a Remedy to drive out the Small-Pox and Meaſles as any is; an Ointment made of it, is excellent for green Wounds, Pricks or Thruſts.

Adders-Tongue, *or* Serpents-Tongue.

Deſcript.] *This Herb hath but one Leaf, which grows with the Stalk a Finger's Length above the Ground, being fat and of a freſh green Colour; broad like Water-Plantane, but leſs without any Rib in it; from the Bottom of which Leaf, on the Inſide riſeth up (ordinarily) one, ſometimes two or three ſlender Stalks, the upper half whereof is ſomewhat bigger, and dented with ſmall Dents of a yellowiſh green Colour; like the Tongue of an Adder Serpent (only this is as uſeful as they are formidable). The Roots continues all the Year.*

Place.] It grows in moiſt Meadows, and ſuch like Places.

Time.] And is to be found in *May* or *April*, for it quickly periſheth with a little Heat.

Government and Virtues.] It is an Herb under the Dominion of the *Moon* and *Cancer*, and therefore if the Weakneſs of the Retentive Faculty be cauſed by any evil Influence of *Saturn* in any Part of the Body govern'd by the *Moon*, or under the Dominion of *Cancer*, this Herb cures it by Simpathy: It cures theſe Diſeaſes after ſpecified in any Part of the Body under the Influence of *Saturn*, by Antipathy.

It is temperate in reſpect of Heat, but dry in the ſecond Degree. The Juice of the Leaves drunk with the diſtilled Water of Horſe tail, is a ſingular Remedy for all Manner of Wounds in the Breaſts, Bowels, or other Parts of the Body, and is given with good Succeſs unto thoſe that are troubled with Caſting, Vomiting, or Bleeding at the Mouth or Noſe, or otherwiſe downwards. The ſaid Juice given in the diſtilled Water of Oaken-buds, is very good for Women who have their uſual Courſes, or the Whites flowing down too abundantly. It helps ſore Eyes. Of the Leaves infuſed or boiled in Oil, Omphacine, or unripe Olives, ſet in the Sun for certain Days, or the green Leaves ſufficiently boiled in the ſaid Oil, is made an excellent green Balſam, not only for green and freſh Wounds but alſo for

Wounds in the Breaſt, Bowels, Vomiting, Terms ſtops, Whites, Wounds, Ulcers, Inflammations in the Wounds.

for old and inveterate Ulcers, efpecially if a little fine clear Turpentine be diffolved therein. It alfo ftayeth and refreſheth all Inflammations that arife upon Pains, by Hurts and Wounds.

What Parts of the Body are under each Planet and Sign, and alfo what Diſeaſe may be found in my Aſtrological Judgment of Diſeaſes; and for the internal Work of Nature in the Body of Man; as Vital, Animal, Natural and Procreative Spirits of Man; The Apprehenſion, Judgment, Memory; The external Senſe, *viz.* Seeing, Hearing, Smelling, Taſteing and Feeling; The Virtues Attractive, Retentive, Digeſtive, Expulſive, *&c.* under the Dominion of what Planets they are, may be found in my *Ephemeris* for the Year 1651. In both which you ſhall find the Chaff of Authors blown away by the Fame of Dr. *Reaſon*, and nothing but Rational Truths left for the Ingenious to feed upon.

Laſtly, to avoid blotting Paper with one thing many times, and alſo to eaſe your Purſes in the Price of the Book, and withal to make you ſtudious in Phyſick; you have at the latter End of the Book, the way of preſerving all herbs either in Juice, Conſerve, Oil, Ointment, or Plaiſter, Electuary, Pills or Troches.

Agrimony.

Deſcript.] *THis hath divers long Leaves (ſome greater, ſome ſmaller) ſet upon a Stalk, all of them dented about the Edges, green above, and greyiſh underneath, and a little hairy withal. Among which ariſeth up uſually but one ſtrong round hairy brown Stalk two or three Foot high with ſmaller Leaves ſet here and there upon it. At the Top hereof grow many ſmall yellow Flowers, one above another in long Spikes. After which come rough Heads of Seed, hanging downwards, which will cleave to and ſtick upon Garments, or any thing that ſhall rub again them. The Knot is black, long, and ſomewhat woody, abiding many Years, and ſhooting afreſh every Spring; which Root, though ſmall, hath a reaſonable good Scent.*

Place.] It groweth upon Banks, near the Sides of Hedges, or Places.

Time.] It flowereth in *July* and *Auguſt*, the Seed being ripe ſhortly after.

Govern-

Government and Virtues.] It is an Herb under *Jupiter*, and the Sign *Cancer*; and ſtrengthens thoſe Parts under the Planet and Sign, and removes Diſeaſes in them by Sympathy, and thoſe under *Saturn*, *Mars* and *Mercury* by Antipathy, if they happen in any Part of the Body governed by *Jupiter*, or under the Signs *Cancer*, *Sagittary*, or *Piſces*, and therefore muſt needs be good for the Gout, either uſed outwardly in Oil or Ointment, or inwardly in an Electuary, or Syrup, or concerted Juice; for which ſee the latter End of this Book.

It is of a cleanſing and cutting Faculty, without any manifeſt Heat, moderately drying and binding. It openeth and cleanſeth the Liver, helpeth the Jaundice, and is very beneficial to the Bowels, healing all inward Wounds, Bruiſes, Hurts, and other Diſtempers. The Decoction of the Herb made with Wine, and drunk, is good againſt the biting and ſtinging of Serpents, and helps them that make foul, troubled or bloody Water, and makes them piſs clear ſpeedily. It alſo helpeth the Cholick, cleanſeth the Breaſt, and rids away the Cough. A Draught of the decoction taken warm before the Fit, firſt removes, and in Time rids away the Tertian or Quartan Agues. The Leaves and Seeds taken in Wine, ſtays the Bloody Flux, outwardly applied, being ſtamped with old Swines Greaſe, it helpeth old Sores, Cancers, and inveterate Ulcers, and draweth forth Thorns and Splinters of Wood, Nails, or any other ſuch Things gotten into the Fleſh. It helpeth to ſtrengthen the Members that be out of Joint; and being bruiſed and applied, or the Juice dropped in it, helpeth foul and impoſthumed Ears.

Cleanſing, *Drying*, *Binding*, *Liver*, *Jaundice*, *inward Wounds*, *inward Bruiſes*, *Bloody and troubled Urine*, *Cholick*, *Breaſt*, *Cough*, *Tertian and Quartan Ague*, *Bloody Flux*, *Cancers*, *Thorns*, *Splinters and Nails in the Fleſh*, *Members out of Joint*, *Impoſthumes*.

The diſtilled Water of the Herb is good to all the ſaid Purpoſes, either inward or outward, but a great deal weaker.

It is a moſt admirable Remedy for ſuch whoſe Lives are annoyed either by Heat or Cold. The Liver is the Former of Blood, and Blood the Nouriſher of the Body, and Agrimony a Strengthener of the Liver.

I cana

I cannot ſtand to give you a Reaſon in every Herb, why it cureth ſuch Diſeaſes; But if you pleaſe to peruſe my Judgment in the Herb Wormwood you ſhall find them there, and it will be well worth your while to conſider it in every Herb, you ſhall find them true throughout the Book.

Water-Agrimony.

IT is called in ſome Countries Water Hemp, Baſtard Hemp, and Baſtard-Agrimony, Eupatorium and Hepatorium, becauſe it ſtrengthens the Liver.

Deſcript.] *The Root continues a long Time, having many long ſlender Strings. The Stalk grows up about two Foot high, ſometimes higher. They are of a dark purple Colour: The Branches are many, growing at Diſtances the one from the other, the one from the one Side of the Stalk, the other from the oppoſite Point. The Leaves are winged, and much indented at the Edges. The Flowers grow at the Top of the Branches, of a brown yellow Colour, ſpotted with black Spots, having a Subſtance within the midſt of them like that of a Daiſy; if you rub them between your Fingers, they ſmell like Roſin or Cedar when it is burnt. The Seeds are long and eaſily ſtick to any woollen Thing they touch.*

Place.] They delight not in Heat, and therefore they are not ſo frequently found in the Southern Parts of *England*, as in the North, where they grow frequently: You may look for them in cold Grounds, by Ponds and Ditches Sides, as alſo by running Waters; ſometimes you ſhall find them grow in the Midſt of the Waters.

Time.] They all flower in *July* or *Auguſt*, and the Seed is ripe preſently after.

Government and Virtues.] It is a Plant of *Jupiter* as well as the other Agrimony, only this belongs to the celeſtial Sign *Cancer*. It healeth and dryeth, cutteth and cleanſeth thick and tough Humours of the Breaſt, and for this I hold it inferior to but few Herbs that grow. It helps the *Cachexia* or evil Diſpoſition of the Body, the Dropſy and Yellow Jaundice. It opens Obſtructions of the Liver, mollifies the Hardneſs of the Spleen,

Cutteth, Cleanſeth, Breaſt, Cachexia, Dropſy, Yellow-Jaundice, Obſtructions, Liver, Spleen, Impoſthumes, Urine, Terms provokes, Worms, Itch, Scabs, Flies, Waſps.

pleen, being applied outwardly. It breaks Impofthumes ıken inwardly: It is an excellent Remedy for the 3d Day ague. It provokes Urine and the Terms; it kills Worms, nd cleanfeth the Body of ſharp Humours, which are the Cauſe f Itch and Scabs; the Herb being burnt, the Smoak thereof ri‹es away Flies, Waſps, &c. It ſtrengthens the Lungs xceedingly. Country People give it to their Cattle when hey are troubled with the Cough, or broken-winded.

Alehoof, *or* Ground-Ivy.

SEveral Counties give it ſeveral Names, ſo that there is ſcarce an Herb growing of that Bigneſs that has got ſo nany: It is called *Cats-foot*, *Ground-Ivy*, *Gill-go-by-ground*, ınd *Gill-creep-by-ground*, *Tunhoof*, *Haymaids*, and *Alehoof*.

Deſcript.] *This well known Herb lieth, ſpreadeth, and creepth upon the Ground, ſhooteth forth Roots, at the Corners of ‘ender jointed Stalks, ſet with two round Leaves at every Joint ſomewhat hairy, crumpled, and unevenly dented about the Edges with round Dents; at the Joints likewiſe, with the Leaves towards the End of the Branches, come forth hollow, long Flowers, of a blueiſh purple Colour, with ſmall white Spots, upon the Lips ‘hat hang down. The Root is ſmall with Strings.*

Place.] It is commonly found under Hedges, and on the Sides of Ditches, under Houſes, or in ſhadowed Lanes, and ɔther waſte Grounds, in almoſt every Part of this Land.

Time.] They flower ſomewhat early, and abide ſo a great while; the Leaves continue green until Winter, and ſometimes abide, except the Winter be very ſharp and cold.

Government and Virtues.] It is an Herb of *Venus*, and therefore cures the Diſeaſes ſhe cauſes by Sympathy, and thoſe of *Mars* by *Antipathy*; you may uſually find it all the Year long, except the Year be extremely froſty; it is quick, ſharp, and bitter in Taſte, and is thereby found to be hot and dry; a ſingular Herb for all inward Wounds, exulcerated Lungs or other Parts, either by itſelf, or boiled with other the like Herbs; and being drunk, in ſhort Time it eaſeth all griping Pains; windy and cholerick Humours in the Stomach, Spleen,

Inward Wounds, Pains, Griping, Wind, Choler, Stomach, Belly, Stoppage in the Liver, Gall, Plague, Poiſon, Gout, Sciatica, Sore Mouth, and

or

Throats, Ulcers in the Privities.

or Belly; helps the Yellow-Jaundice, by opening the Stoppings of the Gall and Liver, and Melancholy, by opening the Stoppings of the Spleen; expelleth Venom or Poifon, and alfo the Plague; it provokes Urine and Womens Courfes; the Decoction of it in Wine drunk for fome Time together, procureth Eafe unto them that are troubled with the Sciatica, or Hip Gout; as alfo the Gout in Hands, Knees or Feet; if you put to the Decoction fome Honey and a little burnt Allum; it is excellent good to gargle any fore Mouth or Throat, and to wafh the Sores and Ulcers in the privy Parts of Man or Woman: It fpeedily helpeth green Wounds, being bruifed and bound thereunto. The Juice of it boiled with a little Honey and Verdegreafe, both wonderfully cleanfe Fiftula's, Ulcers, and ftayeth the fpreading or eating of Cancers and Ulcers, it helpeth the Itch, Scabs, Wheals, and other Breakings out in any Part of the Body. The Juice of Celandine, Field-Daifies, and Ground-Ivy clarified, and a little fine Sugar diffolved therein, and dropped into the Eyes, is a fovereign Remedy for all Pains, Rednefs, and watering of them; as alfo for the Pin and Web, Skins and Films growing over the Sight; it helpeth Beafts as well as Men. The Juice dropped into the Ears, doth wonderfully help the Noife and Singing of them, and helpeth the Hearing which is decayed. It is good to tun up with new Drink, for it will clarify it in a Night, that it will be the fitter to be drunk the next Morning; or if any Drink be thick with removing, or any other Accident, it will do the like in a few Hours.

Itch, Scab, Web in the Eye, Redneſs and Watering of them, Ulcers, Noiſe in the Ears, Deafneſs.

Alexander.

IT is alfo called Alifander, Horfe-Parfley, and Wild-Parfley, and the Black Pot-Herb; the Seed of it is that which is ufually fold in the Apothecaries Shops for *Macedonian Parfley Seed.*

Defcript.] *It is ufually fown in all the Gardens in* Europe, *and fo well known, that it needs no farther Defcription.*

Time.] It flowereth in *June* and *July*; the Seed is ripe in *Auguft.*

Govern-

Government and Virtues.] It is an Herb of *Jupiter*, and therefore friendly to Nature, for it warmeth a cold Stomach, and openeth a Stoppage of the Liver and Spleen; it is good to move Womens Courfes, to expel the Afterbirth, to break Wind, to provoke Urine, and helpeth the Strangury; and thefe Things the Seeds will do likewife. If either of them be boiled in Wine, or being bruifed and taken in Wine is alfo effectual againft the biting of Serpents. And now you know what *Alexander Pottage* is good for, that you may no longer eat it out of Ignorance, but out of Knowledge.

Obftructiont of the Liver and Spleen, provokes the Terms, After-birth, Wind, provokes Urine, Biting of Serpents.

The Black Alder-tree.

Defcript.] *THIS Tree feldom groweth to any great Bignefs but for the moft Part abideth like a Hedge-bufh, or a Tree fpreading its Branches, the Woods of the Body being white, and a dark red Cole, or Heart; the outward Bark is of a blackifh Colour, with many whitifh Spots therein: But the inner Bark next unto the Wood is yellow, which being chewed, will turn the Spittle near into a Saffron Colour. The Leaves are fomewhat like thofe of an ordinary Alder-tree, or the female Cornet, or Dogberry-tree, called in* Suffex *Dog-wood, but blacker and not fo long. The Flowers are white, coming forth with the Leaves at the Joints, which turn into fmall round Berries, firft green, afterwards red, but blackifh when they are thorough ripe, divided as it were into two Parts, wherein is contained two fmall, round and flat Seeds. The Root runneth not deep into the Ground, but fpreads rather under the upper Cruft of the Earth.*

Place.] This Tree or Shrub may be found plentifully in St. *John's* Wood by *Hornfey*, and in the Woods upon *Hampftedheath*; as alfo a Wood called the *Old Park* in *Barcomb* in *Effex*, near the Brooks Sides.

Time.] It flowereth in *May*, and the Berries are ripe in *September*.

Government and Virtues.] It is a Tree of *Venus*, and perhaps under the Celeftial Sign *Cancer*. The inner yellow Bark hereof purgeth downwards both Choler and Phlegm, and the watry Humours of fuch that have the Dropfy, and ftrengthens the inward Parts again by binding. If the Bark

Choler, Phlegm.

Bark hereof be boiled with Agrimony, Wormwood, Dodder, Hops and ſome Fennel, with Smallage, Endive, and Succory-Roots, and a reaſonable Draught taken every Morning for ſome Time together; it is very effectual againſt the Jaundice, Dropſy, and the evil Diſpoſition of the Body, eſpecially if ſome ſuitable purging Medicine have been taken before, to void the groſſer Excrements. It purgeth and ſtrengtheneth the Liver and Spleen, cleaſing them from ſuch evil Humours and Hardneſs as they are afflicted with. It is to be underſtood that theſe Things are performed by the dried Bark; for the freſh green Bark taken inwardly provokes ſtrong Vomitings, Pains in the Stomach, and Gripings in the Belly: Yet if the Decoction may ſtand and ſettle two or three Days, until the yellow Colour be changed black, it will not work ſo ſtrongly as before, but will ſtrengthen the Stomach, and procure an Appetite to Meat. The outward Bark contrariwiſe doth bind the Body, and is helpful for all Laſks and Fluxes thereof, but this alſo muſt be dried firſt, whereby it will work the better. The inner Bark thereof boiled in Vinegar is an approved Remedy to kill Lice, to cure the Itch, and take away Scabs, by drying them up in a ſhort Time It is ſingular good to waſh the Teeth, to take away the Pains, to faſten thoſe that are looſe, to cleanſe them, and keep them ſound. The Leaves are good Fodder for Kine to make them give more Milk.

Jaundice, Dropſy, Cachexia, Liver, Spleen.

Stomach, weak, Appetite loſt, Flux, Lice, Itch, Scabs.

If in the Spring Time you uſe the Herbs before-mentioned, and will take but a Handful of each of them, and to them add a Handful of Elder Buds; and having bruiſed them all, boil them in a Gallon of ordinary Beer, when it is new; and having boiled them half an Hour, add to this three Gallons more, and let them work together, and drink a Draught of it every Morning, Half a Pint, or thereabouts, it is an excellent Purge for the Spring, to conſume the phlegmatick Quality the Winter hath left behind it, and withal keep your Body in Health, and conſume thoſe evil Humours, which the Heat of Summer will readily ſtir up. Eſteem it as a Jewel.

The

The common Alder-Tree.

Deſcript.] *Groweth to a reaſonable Height, and ſpreads much if it like the Place. It is ſo generally well known unto Country People, that I conceive it needleſs to tell that which is no News.*

Place and Time.] It delighteth to grow in moiſt Woods, and watry Places; flowering in *April* or *May*, and yielding ripe Seed in *September*.

Government and Uſe.] It is a Tree under the Dominion of *Venus*, and of ſome watry Sign or other, I ſuppoſe *Piſces*; and therefore the Decoction, or diſtilled Water of the Leaves, is excellent againſt Burnings and Inflammations, either with Wounds or without, to bathe the Place grieved with, and eſpecially for that Inflammation in the Breaſt, which the Vulgar call an Ague. *Burnings, Inflammations.*

If you cannot get the Leaves, (as in Winter 'tis impoſſible) make uſe of the Bark in the ſame Manner.

The Leaves and Bark of the Alder-tree are cooling, drying and binding, The freſh Leaves laid upon Swellings diſſolve them, and ſtay the Inflammations. The Leaves put under the bare Feet gauled with Travelling, are a great refreſhing to them. The ſaid Leaves gathered while the Morning Dew is on them, and brought into a Chamber troubled with Fleas, will gather them thereunto, which being ſuddenly caſt out, will rid the Chamber of thoſe troubleſome Bed-fellows. *Coolings, Dryings, Swellings.* *Fleas.*

Angelica.

TO write a Deſcription of that which is ſo well known to be growing almoſt in every Garden, I ſuppoſe is altogether needleſs; yet for its Virtues it is of admirable Uſe.

In Time of Heatheniſm, when Men had found out any excellent Herb, they dedicated it to their Gods; as the *Bay* Tree to *Opollo*, the *Oak* to *Jupiter*, the *Vine* to *Bacchus*, the *Poplar* to *Hercules*. Theſe the Papiſts following as the Patriarchs, they dedicate to their Saints; as our *Lady's Thiſtle* to the *Bleſſed Virgin*. St. *John's* Wort to St. *John*.

and another Wort to St. *Peter*, &c. Our Phyſicians muſt imitate like Apes (though they cannot come off half ſo cleverly) for they blaſphemouſly call Phanſies or Hearts-eaſe, *an Herb of the Trinity*, becauſe it is of three Colours: And a certain Ointment, an *Ointment of the Apoſtles*, becauſe it conſiſts of twelve Ingredients: Alas, I am ſorry for their Folly, and grieved at their Blaſphemy; God ſend them the reſt of their Age, for they have their Share of Ignorance already. Oh! Why muſt ours be blaſphemous, becauſe the Heathens and Papiſts were idolatrous? Certainly they have read ſo much in old ruſty Authors, that they have loſt all their Divinity; for unleſs it were amongſt the Ranters, I never read or heard of ſuch Blaſphemy. The Heathens and Papiſts were bad, and ours worſe; the Papiſts giving idolatrous Names to Herbs for their Virtues Sake, not for their fair Looks; and therefore ſome called this an Herb of the *Holy Ghoſt*; others more moderate called it *Angelica*, becauſe of its Angelical Virtues, and that Name it retains ſtill, and all Nations follow it ſo near as their Dialect will permit.

Government and Virtues.] It is an Herb of the *Sun* in *Leo*; let it be gathered when he is there, the Moon applying to his good Aſpect; let it be gathered either in his Hour, or in the Hour of *Jupiter*, let *Sol* be angular; obſerve the like in gathering the Herbs of other Planets, and you may happen to do Wonders. In all epidemical Diſeaſes cauſed by *Saturn*, this is as good a Preſervative as grows: It reſiſts Poiſon, by defending and comforting the Heart, Blood, and Spirits; it doth the like againſt the Plague and all epidemical Diſeaſes, if the Root be taken in Powder to the Weight of half a Dram at a Time, with ſome good Treacle in Carduus-Water, and the Party thereupon laid to ſweat in his Bed; if Treacle be not to be had, take it alone in Carduus or Angelica-Water. The Stalks or Roots candied and eaten faſting, are good Preſervatives in Time of Infection; and at other Times to warm and comfort a cold Stomach. The Root alſo ſteeped in Vinegar, and a little of that Vinegar taken ſometimes faſting, and the Root ſmelled unto, is good for the ſame Purpoſe. A Water diſtilled from the Root ſimply, as ſteeped in Wine, and diſtilled

Poiſon, Peſtilence, epidemical Diſeaſes.

Cold, Wind, Pleuriſy, Cough, Lungs, Breaſt,

ſtilled in a Glaſs, is much more effectual than the Water of the Leaves; and this Water, drunk two or three Spoonfuls at a Time, eaſeth all Pains and Torments coming of Cold and Wind, ſo that the Body be not bound; and taken with ſome of the Root in Powder at the Beginning, helpeth the Pleuriſy, as alſo all other Diſeaſes of the Lungs and Breaſt, as Coughs, Phthyſick, and Shortneſs of Breath; and a Syrup of the Stalks doth the like. It helps Pains of the Cholick, the Strangury, and Stoppage of the Urine, procureth Womens Courſes, and expelleth the After-birth, openeth the Stoppings of the Liver and Spleen, and briefly eaſeth and diſcuſſeth all Windineſs and inward Swellings. The Decoction drunk before the Fit of an Ague, that they may ſweat (if poſſible) before the Fit come, will in two or three Times taking, rid it quite away; it helps Digeſtion, and is a Remedy for a Surfeit. The Juice, or the Water, being dropped into the Eyes or Ears, helps Dimneſs of Sight and Deafneſs; the Juice put into the hollow Teeth, eaſeth their Pains. The Root in Powder made up into a Plaiſter with a little Pitch, and laid on the Biting of mad Dogs, or any other venemous Creature, doth wonderfully help. The Juice or the Water dropped, or Tents wet therein, and put into filthy dead Ulcers, or the Powder of the Root (in Want of either) doth cleanſe and cauſe them to heal quickly, by covering the naked Bones, with Fleſh; the diſtilled Water applied to Places pained with the Gout, or Sciatica doth give a great Deal of Eaſe.

Stranguary, Shortneſs of Breath, Cholick, provokes the Terms, After-Birth.

Stoppings of the Liver and Spleen, Indigeſtion, Surfeits, Tooth-ach.

Bitings of mad Dogs.

Gout, Sciatica.

The wild Angelica is not ſo effectual as the Garden, although it may be ſafely uſed to all the Purpoſes aforeſaid.

Amaranthus.

BEſides its common Name, by which it is beſt known by the Floriſts of our Days, it is called *Flower-Gentle, Flower-Velure, Floramor,* and *Velvet-Flower.*

Deſcript.] *It being a Garden Flower, and well known to every one that keeps it, I might forbear the Deſcription; yet notwithſtanding,*

standing, because some desire it, I shall give it. It runneth up with a Stalk a Cubit high, streaked, and somewhat reddish toward the Root, but very smooth, divided towards the Top with small Branches, among which stand long broad Leaves of a reddish green Colour, slippery; the Flowers are not properly Flowers, but Tuffs, very beautiful to behold, but of no Smell, of reddish Colour; if you bruise them, they yield Juice of the same Colour; being gathered, they keep their Beauty a long Time; the Seed is of a shining black Colour.

Time.] They continue in Flower from *August* till the Time the Frost nip them.

Government and Virtues.] It is under the Dominion of *Saturn*, and is an excellent Qualifier of the unruly Actions and Passions of *Venus*, though *Mars* also should join with her. The Flowers dried and beaten into Powder, stop the Terms in Women, and so do almost all other red Things. And by the Icon, or Image of every Herb, the Ancients at first found out their Virtues. Modern Writers laugh at them for it; but I wonder in my Heart, how the Virtues of Herbs came at first to be known, if not by their Signatures; the Moderns have them from the Writings of the Ancients; the Ancients had no Writings to have them from: But to proceed,

Terms.

The Flowers stop all Fluxes of Blood; whether in Man or Woman bleeding either at the Nose or Wound. There is also a Sort of *Amaranthus*, which bears a white Flower which stops the Whites in Women, and the Running of the Reins in Men, and is a most gallant Antivenereal, and a singular Remedy for the *French* Pox.

Flux, Bleeding, Running of the Reins, Whites, French Pox.

Anemone.

CAlled also *Wind-flower*, because they say the Flowers never open but when the Wind bloweth. *Pliny* is my Author; if it be not so, blame him. The Seed also (if it bears any at all) flies away with the Wind.

Place and Time.] They are sown usually in the Gardens of the Curious, and flower in the Spring-time. As for Description I shall pass it, being well known to all those that sow them.

Government

Government and Virtues.] It is under the Dominion of *Mars*, being fuppofed to be a Kind of Crow-foot. The Leaves provoke the Terms mightily, being boiled, and the Decoction drunk. The Body being bathed with the Decoction of them, cures the Leprofy. The Leaves being ftamped, and the Juice fnuffed up in the Nofe, purgeth the Head mightily; fo doth the Root, being chewed in the Mouth, for it procureth much Spitting, and bringeth away many watry and phlegmatick Humours, and is therefore excellent for the Lethargy; And when all is done, let Phyficians prate what they pleafe, all the Pills in the *Difpenfatory* purge not the Head like to hot Things held in the Mouth. Being made into an Ointment, and the Eyelids anointed with it, it helps Inflammations of the Eyes, whereby it is palpable, that every Stronger draweth its Weaker like. The fame Ointment is excellent good to cleanfe malignant and corroding Ulcers.

Terms provokes.

Head purgeth.

Lethargy.

Eyes inflamed.

Ulcers.

Garden-Arrach.

CALLED alfo Orach, and Arage.

Defcript.] *It is fo commonly known to every Houfewife, it were but Labour loft to defcribe it.*

Time.] It flowereth and feedeth from *June* to the End of *Auguft.*

Government and Virtues.] It is under the Government of the *Moon*; in Quality cold and moift like unto her. It foftneth and loofeneth the Body of Man being eaten, and fortifieth the expulfive Faculty in him. The Herb, whether it be bruifed and applied to the Throat, or boiled, and in like Manner applied, it matters not much, it is excellent good for Swellings in the Throat; the beft Way, I fuppofe, is to boil it, and having drunk the Decoction inwardly, apply the Herb outwardly: The Decoction of it befides, is an excellent Remedy for the Yellow Jaundice.

Arrach, wild and ftinking.

CAlled alfo *Vulvaria*, from that Part of the Body, upon which the Operation is moft; alfo Dogs-Arrach, Goats-Arrach, and ftinking Mother-wort.

Defcript.] *This hath fmall and almoft round Leaves, yet a little pointed and without Dent or Cut, of a dufky mealy Colour, growing on the ftender Stalks and Branches that fpread on the Ground, with fmall Flowers in Cluſter fet with the Leaves, and fmall Seeds fucceeding like the reſt, periſhing yearly, and riſing again with its own ſowing. It fmells like old rotten Fiſh, or ſomething worſe.*

Place.] It grows ufually upon Dunghills.

Time.] They flower in *June*, and *July*, and their Seed is ripe quickly after.

Government and Virtues.] Stinking Arrach is ufed as a Remedy to help Women pained, and almoft ſtrangled with the Mother, by fmelling to it; but inwardly taken there is no better Remedy under the Moon for that Diſeaſe. I would be large in Commendation of this Herb, were I but eloquent. It is an Herb under the Dominion of *Venus*, and under the Sign *Scorpio*; it is common almoft upon every Dunghill. The Works of God are given freely to Man, his Medicines are common and cheap, and eaſy to be found: ('Tis the Medicines of the *College of Phyſicians* that are ſo dear and ſcarce to find) I commend it for an univerſal Medicine for the Womb, and ſuch a Medicine as will eaſily, ſafely, and ſpeedily cure any Diſeaſe thereof, as the Fits of the Mother, Diſlocation, or falling out thereof; it cools the Womb being over-heated. And let me tell you this, and I will tell you the Truth, Heat of the Womb is one of the greateſt Cauſes of hard Labour in Child-Birth. It makes barren Women fruitful. It cleanſeth the Womb if it be foul, and ſtrengthens it exceedingly; it provokes the Terms if they be ſtopped, and ſtops them if they flow immoderately; you can deſire no Good to your Womb, but this Herb will effect it; therefore if you love Children, if you love Health, if you love Eaſe, keep a Syrup always by you, made of the Juice of this Herb, and Sugar, (or Honey if it be to cleanſe the Womb) and let ſuch as be rich keep it for their poor Neighbours;

Mother.

Womb.

bours; and beſtow it as freely as I beſtow my Studies upon them, or elſe let them look to anſwer it another Day, when the Lord ſhall come to make Inquiſition of Blood.

Arch-angel.

TO put a Gloſs upon their Practice, the Phyſicians call an Herb *(which Country People vulgarly know by the Name of Dead-Nettle) Arch-angel*; whether they ſavour more of Superſtition or Folly, I leave to the judicious Reader. There is more Curioſity than Courteſey to my Countrymen uſed by others in the Explanation as well of the Names, as Deſcription of this ſo well known Herb; which, that I may not alſo be guilty of, take this ſhort Deſcription, firſt of the red Arch-angel.

Deſcription.] *This has divers ſquare Stalks ſomewhat hairy, at the Joints whereof grow two ſad green Leaves dented about the Edges, oppoſite to one another to the lowermoſt upon long foot Stalks, but without any toward the Tops, which are ſomewhat round, yet pointed, and a little crumpled and hairy, round about the upper Joints; where the Leaves grow thick are ſundry gaping Flowers of a pale reddiſh Colour; after which come the Seeds three or four in a Husk. The Root is ſmaller and threaddy, periſhing every Year; the whole Plant hath a ſtrong Scent, but not ſtinking.*

White Arch-angel hath divers ſquare Stalks, none ſtanding ſtraight upright, but bending downward, whereon ſtand two Leaves as a Joint, larger and more pointed than the other, dented about the Edges, and greener alſo, more like unto Nettle Leaves, but not ſtinking, yet hairy. At the Joints with the Leaves ſtand larger and more open gaping white Flowers, Husks round about the Stalks, but not with ſuch a Buſh of Leaves as Flowers ſet in the Top, as is on the other wherein ſtand ſmall roundiſh black Seeds; the Root is white, with many Strings at it, not growing downward, but lying under the upper Cruſt of the Earth, and abideth many Years increaſing; this hath not ſo ſtrong a Scent as the former.

Yellow Arch-angel is like the White in the Stalks and Leaves; but that the Stalks are more ſtraight and upright, and the Joints with Leaves are farther aſunder, having longer Leaves than the former, and the Flowers a little larger and more gaping, of a fair yellow Colour in moſt, in ſome paler. The

Roots are like the white, only they creep not fo much under the Ground.

Place.] They grow almoft every where (unlefs it be in the middle of the Street) the Yellow moft ufually in the wet Grounds of Woods, and fometimes in the drier, in divers Countries of this Nation.

Time.] They flower from the beginning of the Spring all the Summer long.

Virtues and Ufe.] The Arch-angels are fomewhat hot and drier than the ftinging Nettles, and ufed with better Succefs for the Stopping and Hardnefs of the Spleen, than they, by ufing the Decoction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of the Spleen as a Plaifter, or the Decoction with Spunges. Flowers of the White Arch angel are preferved or conferved to be ufed to ftay the Whites, and the Flowers of the Red to ftay the Reds in Women. It makes the Heart merry, drives away Melancholy, quickens the Spirits, is good againft Quartan Agues, ftancheth Bleeding at Mouth and Nofe, if it be ftamped and applied to the Nape of the Neck; the Herb alfo bruifed, and with fome Salt and Vinegar and Hogs-greafe, laid upon any hard Tumour or Swelling, or that vulgarly called the King's-Evil, do help to diffolve or difcufs them; and being in like manner applied, doth much allay the Pains, and give Eafe to the Gout, Sciatica, and other Pains of the Joints and Sinews. It is alfo very effectual to heal green Wounds, and old Ulcers: Alfo to ftay their fretting, gnawing and fpreading. It draweth forth Splinters, and fuch like Things gotten into the Flefh, and is very good againft Bruifes and Burnings. But the yellow Arch-angel is moft commended for old, filthy, corrupt Sores and Ulcers, yea although they grow to be hollow; and to diffolve Tumours. The chief Ufe of them is for Women, it being an Herb of *Venus*, and may be found in my *Guide for Women*.

Spleen.

Whites.

Melancholy, Quartan Agues, Bleeding at Nofe, Swellings, King's Evil, Gout, Sciatica, Joints, Ulcers, Sores, Bruifes, Burnings.

Arſſmart.

THE hot Arſſmart is called alſo Water-Pepper, or Culrage. The mild Arſſmart is called dead Arſſmart, Percicaria, or Peach-wort, becauſe the Leaves are ſo like the Leaves of a Peach-tree; it is alſo called Plumbago.

Deſcription of the Mild.] *This hath broad Leaves ſet at the great red Joint of the Stalks; with ſemi-circular blackiſh Marks on them uſually, either blueiſh or whitiſh, with ſuch like Seed following. The Root is long, with many Strings thereat, periſhing yearly; this hath no ſharp Taſte (as another Sort hath, which is quick and biting) but rather ſour like Sorrel, or elſe a little drying, or without Taſte.*

Place.] It grows in watry Places, Ditches, and the like, which for the moſt Part are dry in Summer.

Time.] It flowereth in *June*, and the Seed is ripe in *Auguſt*.

Government and Virtues.] As the Virtue of both theſe is various, ſo is alſo their Government; for that which is hot and biting, is under the Dominion of *Mars*, but *Saturn* challengeth the other, as appears by that Leaden colour'd Spot he hath placed upon the Leaf.

It is of a cooling and drying Quality, and very effectual for putrefied Ulcers in Man or Beaſt, to kill Worms, and cleanſe the putrefied Places. The Juice thereof dropped in or otherwiſe applied, conſumeth all cold Swellings, and diſſolveth the congeal'd Blood of Bruiſes by Stroaks, Falls, &c. A Piece of the Root, or ſome of the Seed bruiſed, and held to an aking Tooth, taketh away the Pain. The Leaves bruiſed and laid to the Joint that hath a Felon thereon taketh it away. The Juice deſtroyeth Worms in the Ears, being dropped into them; if the hot Arſſmart be ſtrewed in a Chamber, it will ſoon kill all the Fleas; and the Herb or Juice of the cold Arſſmart, put to a Horſe, or other Cattle Sores, will drive away the Fly in the hotteſt Time of Summer; a good Handful of the hot biting Arſſmart put under a Horſe's Saddle, will make him travel

Ulcers, cold Swellings, bruiſed congeal'd Blood, Tooth-ach, Felons, or Andicoms.

Worm in the Ears, Fleas, tired Horſes, Impoſthumes, Inflammations, Wounds.

travel the better although he were half tired before. The mild Arſſmart is good againſt all Impoſthumes and Inflammations at the beginning, and to heal green Wounds.

All Authors chop the Virtues of both Sorts of Arſſmart together, as Men chop Herbs to the Pot, when both of them are of clean contrary Qualities. The hot Arſſmart groweth not ſo high or tall as the mild doth, but hath many Leaves of the Colour of Peach Leaves, very ſeldom or never ſpotted. In other Particulars it is like the former, but may eaſily be known from it if you will but be pleaſed to break a Leaf of it croſs your Tongue, for the Hot will make your Tongue to ſmart, ſo will not the Cold. If you ſee them both together, you may eaſily diſtinguiſh them, becauſe the Mild hath far broader Leaves: And our *College of Phyſicians*, out of the learned Care of the Publick Good, *Anglicé*, their own Gain, miſtake the one for the other in their *New Maſter-piece*, whereby they diſcover, 1. Their Ignorance. 2. Their Careleſſneſs; and he that hath but half an Eye, may ſee their Pride without a Pair of Spectacles. I have done what I could to diſtinguiſh them in the Virtues, and when you find not the contrary named, uſe the Cold. The Truth is, I have not yet ſpoken with Dr. *Reaſon*, nor his Brother *Experience*, concerning either of them both.

Aſarabacca.

Deſcript.] Asarabacca *hath many Heads riſing from the Roots, from whence come many ſmooth Leaves, every one upon his own Foot-ſtalks, which are rounded and bigger than Violet Leaves, thicker alſo, and of a dark green ſhining Colour on the upper Side, and of a pale yellow green underneath, little or nothing dented about the Edges, from among which riſe ſmall, round, hollow, brown green Husks, upon ſhort Stalks, about an Inch long, divided at the Brims into five Diviſions, very like the Cups or Heads of the Henbane-Seed, but that they are ſmaller: and theſe be all the Flowers it carrieth, which are ſomewhat ſweet, being ſmelled unto, and wherein, when they are ripe, is contained ſmall cornered rough Seeds, very like the Kernels or Stones of Grapes or Raiſins. The Roots are ſmall and whitiſh, ſpreading divers Ways in the Ground, increaſing into divers Heads; but not running or creeping under the Ground, as ſome other creeping Herbs do. They are ſomewhat ſweet in Smell, reſembling*

Nardus,

Nardus, *but more when they are dry, than green; and of a fharp but not unpleafing Tafte.*

Place.] It groweth frequently in Gardens.

Time.] They keep their Leaves green all Winter; but fhoot forth new in the Spring, and with them come forth thofe Heads or Flowers which give ripe Seed about Midfummer, or fomewhat after.

Government and Virtues.] 'Tis a Plant under the Dominion of *Mars*, and therefore inimical to Nature. This Herb being drunk not only provoketh Vomiting, but purgeth downward, and by Urine alfo, purgeth both Choler and Phlegm: If you add to it fome Spikenard, with the Whey of Goats Milk, or Honeyed Water, it is made more ftrong, but it purgeth Phlegm more manifeftly than Choler, and therefore doth much help Pains in the Hips, and other Parts; being boiled in Whey, they wonderfully help the Obftructions of the Liver and Spleen, and therefore profitable for the Dropfy, and Jaundice, being fteeped in Wine and drunk; it helps thofe continual Agues that come by the Plenty of ftubborn Humours; an Oil made thereof by fetting in the Sun, with fome *Laudanum* added to it, provoketh Sweating, (the Ridge of the Back being anointed therewith) and thereby driveth away the fhaking Fits of the Ague. It will not abide any long boiling, for it lofeth its chief Strength thereby; nor much beating, for the finer Powder doth provoke Vomits and Urine, and the coarfer purgeth downwards.

Cauſeth Vomiting, Choler, Phlegm, Urine, Obſtructions of the Liver and Spleen, Dropſy, Jaundice. Agues.

The common Ufe hereof, is to take the Juice of five or feven Leaves in a little Drink to cauſe Vomiting; the Roots have alfo the fame Virtue, though they do not operate fo forcibly; they are very effectual againft the Biting of Serpents, and therefore are put as an Ingredient both into Mithridate and Venice-Treacle. The Leaves and Roots being boiled in Lee, and the Head often waſhed therewith while it was warm, comforteth the Head and Brain that is ill affected by taking cold, and helpeth the Memory.

Serpents, Head, Memory.

I fhall

I ſhall deſire ignorant People to forbear the Uſe of the Leaves; the Roots purge more gently, and may prove beneficial in ſuch as have Cancers, or old putrefied Ulcers, or Fiſtula's, upon their Bodies, to take a Dram of them in Powder in a Quarter of a Pint of White-Wine in the Morning. The Truth is, I fancy purging and vomiting Medicines as little as any Man breathing doth, for they weaken Nature, nor ſhall ever adviſe them to be uſed unleſs upon urgent Neceſſity. If a Phyſician be Nature's Servant, it is his Duty to ſtrengthen his Miſtreſs as much as he can, and weaken her as little as may be.

Aſparagus, Sparagus, *or* Sperage.

Deſcrip.] *IT riſeth up at firſt with divers white and green ſcaly Heads, very brittle or eaſy to break while they are young, which afterward riſe up in very long and ſlender green Stalks, of the Bigneſs of an ordinary riding Wand, at the Bottom of moſt, or bigger or leſſer, as the Roots are of growth; on which are ſet divers Branches of green Leaves ſhorter and ſmaller than Fennel to the Top; at the Joints whereof come forth ſmall moſſy yellowiſh Flowers, which turn into round Berries, green at firſt, and of an excellent red Colour when they are ripe, ſhewing like Bead, of Coral, wherein are contained exceeding hard black Seeds, the Roots are diſperſed from a ſpongeous Head into many long, thick, an round Strings, wherein is ſucked much Nouriſhment out of the Ground, and increaſeth plentifully thereby.*

Prickly Aſparagus, *or* Sperage.

Deſcript.] *IT groweth uſually in Gardens, and ſome of it grows wild in* Appleton *Meadow in* Glouceſterſhire, *where the poor People do gather the Buds or young Shoots, and ſell them cheaper than our Garden* Aſparagus *is ſold at* London.

Time.] They do for the moſt Part flower, and bear their Berries late in the Year, or not at all, although they are houſed in Winter.

Government and Virtues.] They are both under the Dominion of *Jupiter*. The young Buds or Branches boiled in ordinary Broth, make the Belly ſoluble and open, and boiled in White-wine, provoke Urine, being ſtopp'd, and is good againſt the Strangury or Difficulty of

Belly, Strangury, Dyſury, Gout, Sciatica, Eyes, Tooth-ach.

of making Water; it expelleth the Gravel and Stone out of the Kidneys, and helpeth Pains in the Reins. And boiled in White-wine or Vinegar, it is prevalent for them that have their Arteries looſened, or are troubled with the Hip-Gout or Sciatica. The Decoction of the Roots boiled in Wine and taken, is good to clear the Sight, and being held in the Mouth eaſeth the Tooth-ach; and being taken faſting ſeveral Mornings together, ſtirreth up bodily Luſt in Man or Woman (whatever ſome have written to the contrary.) The Garden Aſparagus nouriſheth more than the wild, yet hath it the ſame Effects in all the afore-mentioned Diſeaſes: The Decoction of the Roots in White-wine, and the Back and Belly bathed therewith, or kneeling or lying down in the ſame, or ſitting therein as a Bath, hath been found effectual againſt Pains of the Reins and Bladder, Pains of the Mother and Cholick, and generally againſt all Pains that happen to the lower Parts of the Body, and no leſs effectual againſt ſtiff and benummed Sinews, or thoſe that are ſhrunk by Cramps and Convulſions, and helpeth the Sciatica.

Reins, Bladder, Mother, Cramp, Cholick, Convulſion.

Aſh-Tree.

THIS is ſo well known, that Time will be miſpent in writing a Deſcription of it; and therefore I ſhall only inſiſt upon the Virtues of it.

Government and Virtues] It is governed by the Sun; and the young tender Tops, with the Leaves taken inwardly, and ſome of them outwardly applied are ſingular good againſt the Biting of Viper, Adder, or any other venomous Beaſt; and the Water diſtilled therefrom being taken a ſmall Quantity every Morning faſting, is a ſingular Medicine for thoſe that are ſubject to Dropſy, or to abate the Greatneſs of thoſe that are too groſs or fat. The Decoction of the Leaves in White-wine helpeth to break the Stone, and expel it, and cureth the Jaundice. The Aſhes of the Bark of the Aſh made into Lee, and thoſe Heads bathed therewith, which are leprous, ſcabby, or ſcald, they are thereby cured.

Adder and Viper biting, Dropſy, Stone, Jaundice, Leproſy, Scabs, Scald-Heads, Stitches, Stone, Diſury, Rickets.

The

The Kernels within the Huſks, commonly called Aſhen Keys, prevail againſt Stitches and Pains in the Sides, proceeding of Wind, and voideth away the Stone by provoking Urine.

I can juſtly except againſt none of all this, ſave only the firſt, *viz.* That Aſh-tree Tops and Leaves are good againſt the Bitings of Serpents and Vipers. I ſuppoſe this had its Riſe from *Gerard*, or *Pliny*, both which hold, That there is ſuch an Antipathy between an Adder and an Aſh-tree, that if an Adder be encompaſs'd round with Aſh-tree Leaves, ſhe'll ſooner run through the Fire than through the Leaves: The contrary to which is the Truth, as both my Eyes are Witneſs. The reſt are Virtues ſomething likely, only if it be in Winter when you cannot get the Leaves you may ſafely uſe the Bark inſtead of them. The Keys you may eaſily keep all the Year, gathering them when they are ripe.

Avens, *called alſo* Colewort. *and* Herb Bonet.

Deſcript.] *THIS ordinary* Avens *hath many long, rough, dark green winged Leaves, riſing from the Root, every one made of many Leaves ſet on each Side of the middle Rib, the largeſt three whereof grow at the End, and are ſnipp'd or dented round about the Edges; the other being ſmall Pieces, ſometimes Two and ſometimes Four, ſtanding on each Side of the middle Rib underneath them. Among which do riſe up divers rough or hairy Stalks about two Foot high, branching forth with Leaves at every Joint, not ſo long as thoſe below, but almoſt as much cut in on the Edges, ſome into three Parts, ſome into more. On the Tops of the Branches ſtand ſmall, pale, yellow Flowers, conſiſting of five Leaves, like the Flowers of Cinquefoil, but large, in the Middle whereof ſtandeth, a ſmall green Herb, which when the Flower is fallen, groweth to be round, being made of many long greeniſh purple Seeds (like Grains) which will ſtick upon your Cloaths. The Root conſiſts of many browniſh Strings or Fibres, ſmelling ſomewhat like unto Cloves, eſpecially thoſe which grow in the higher, hotter, and drier Grounds, and in freer and clear Air.*

Place.] They grow wild in many Places under Hedges Sides, and by the Pathways in Fields; yet they rather delight to grow in ſhadowy than ſunny Places.

Time.] They flower in *May* and *June* for the moſt Part, and their Seed is ripe in *July* at the fartheſt.

Government

Government and Virtues.] It is governed by *Jupiter*, and that gives Hopes of a wholefome healthful Herb. 'Tis good for the Diſeaſes of the Cheſt or Breaſt, for Pains, Stitches in the Side, and to expel crude and raw Humours from the Belly and Stomach, by the ſweet ſavour and warming Quality. It diſſolves the inward congealed Blood happening by Falls or Bruiſes, and the ſpitting of Blood, if the Roots, either green or dry, be boiled in Wine and drunk; as alſo all Manner of inward Wounds or outward, if waſhed or bathed therewith.

Breaſt, Wind, Stitches, Belly, Stomach, inward Wounds, Obſtructions, Cholick, Heart, cold Brain, Fluxes, Ruptures, Spots and Marks in the Face, Plague, Poiſon, Indigeſtion.

The Decoction alſo being drunk, comforts the Heart, and ſtrengthneth the Stomach and a cold Brain, and therefore is good in the Spring Time to open Obſtructions of the Liver, and helpeth the Wind Cholick; it alſo helps thoſe that have Fluxes, or are burſten, or have a Rupture; it taketh away Spots or Marks in the Face, being waſhed therewith. The Juice of the freſh Root, or Powder of the dried Root, hath the ſame Effect with the Decoction. The Root in the Spring Time ſteep'd in Wine, doth give it a delicate Savour and Taſte, and being drunk faſting every Morning, comforteth the Heart, and is a good Preſervative againſt the Plague, or any other Poiſon. It helpeth Digeſtion, and warmeth a cold Stomach, and openeth Obſtructions of the Liver and Spleen.

It is very ſafe; you need have no Doſe preſcribed; and is very fit to be kept in every Body's Houſe.

Balm.

THIS Herb is ſo well known to be an Inhabitant almoſt in every Garden, that I ſhall not need to write any Deſcription thereof, although the Virtues thereof, which are many, may not be omitted.

Government and Virtues.] It is an Herb of *Jupiter*, and under *Cancer*, and ſtrengthens Nature much in all its Actions. Let a Syrup made with the Juice of it and Sugar (as you ſhall be taught at the latter End of the Book) be kept in every Gentlewoman's Houſe, to relieve the weak Stomachs and ſick Bodies of their poor ſickly Neighbours; as alſo the Herb kept dry in the Houſe, that ſo with other convenient Simples,

Simples, you may make it into an Electuary with Honey, according as the Diſeaſe is, you ſhall be taught at the latter End of my Book. The *Arabian* Phyſicians have extolled the Virtues thereof to the Skies; although the *Greeks* thought it not worth mentioning. *Serapio* ſaith, It cauſeth the Mind and Heart to become merry and reviveth the Heart, Fainting in Swoonings, eſpecially of ſuch who are overtaken in Sleep, and driveth away all troubleſome Cares and Thoughts out of the Mind ariſing from Melancholy or black Choler; which *Avicen* alſo confirmeth. It is very good to help Digeſtion, and open Obſtructions of the Brain, and hath ſo much purging Quality in it (ſaith *Avicen*) as to expel thoſe melancholy Vapours from the Spirits and Blood which are in the Heart and Arteries, although it cannot do ſo in other Parts of the Body. *Dioſcorides* ſaith, That the Leaves ſteeped in Wine, and the Wine drunk, and the Leaves externally applied, is a Remedy againſt the Stings of a Scorpion, and the biting of mad Dogs; and commendeth the Decoction thereof for Women to bathe or ſit in to procure their Courſes; it is good to waſh aking Teeth therewith, and profitable for thoſe that have the Bloody-Flux. The Leaves alſo with a little Nitre taken in Drink, are good againſt a Surfeit of Muſhrooms, helps the Griping Pains of the Belly; and being made into an Electuary, it is good for them that cannot fetch their Breath: Uſed with Salt, it takes away Wens, Kernels or hard Swellings in the Fleſh or Throat; it cleanſeth foul Sores and eaſeth Pains of the Gout. It is good for the Liver and Spleen. A Tanſy or Caudle made with Eggs, and Juice thereof while it is young, putting to it ſome Sugar and Roſe-water, is good for a Woman in Child-bed, when the After-birth is not thoroughly voided, and for their Faintings upon or in their ſore Travel. The Herb bruiſed and boiled in a little Wine and Oil, and laid warm on a Boil, will ripen it and break it.

Mind, Heart, Faintings, Swoonings, Melancholy, Indigeſtion, Obſtruction of the Brain, Heart, Arteries, venemous, Beaſts, mad Dogs, Terms, provokes Tooth-ach, Bloody-Flux, Muſhrooms, Difficulty of Breathing, Gout, Liver, Spleen.

Women in Child-bed, Fainting in Travel, Boils.

Barberry

Barberry.

THE Shrub is ſo well known by every Boy and Girl that hath but attained to the Age of ſeven Years, that it needs no Deſcription.

Government and Virtues.] *Mars* owns the Shrub, and preſents it to the Uſe of my Countrymen to purge their Bodies of Choler. The inner Rind of the Barberry tree boil'd in White-wine, and a Quarter of a Pint drunk each Morning, is an excellent Remedy to cleanſe the Body of cholerick Humours, and free it from ſuch Diſeaſes as Choler cauſeth, ſuchbeScabs,Itch,Tetters,Ringworms, yellow Jaundice, Boils, *&c.* It is excellent for hot Agues, Burnings, Scaldings, Heat of the Blood, Heat of the Liver, Bloody-flux; for the Berries are as good as the Bark, and more pleaſing, they get a Man a good Stomach to his Victuals, by ſtrengthening the attractive Faculty, which is under *Mars*, as you may ſee more at large in the latter End of my *Ephemeris* for the Year 1651: The Hair waſhed with the Lee made of the Aſhes of the Tree and Water, will make it turn yellow, *viz.* of *Mars*'s own Colour. The Fruit and Rind of the Shrub, the Flowers of Broom and of Heath, or Furz, cleanſe theBody of Choler by Sympathy, as the Flowers, Leaves and Bark of the Peach-tree do by Antipathy; becauſe theſe are under *Mars*, that under *Venus*.

Choler, Scabs, Itch, Tetters, Ring-worms, Boils, yellow Jaundice, Agues, Burnings, Scaldings, Appetite loſt, Hair.

Barley.

THE continual Uſefulneſs hereof hath made all in general ſo acquainted herewith, that it is altogether needleſs to deſcribe, its ſeveral Kinds hereof plentifully growing, being yearly ſown in this Land. The Virtues whereof take as followeth.

Government and Virtues.] It is a notable Plant of *Saturn*; if you view diligently its Effect by Sympathy and Antipathy, you may eaſily perceive a Reaſon of them; as alſo why Barley-bread is ſo unwholſome for Melancholy People. Barley in all the Parts and Compoſitions thereof (except Malt) is more cooling than Wheat, and a little cleanſing: and all the Preparations thereof, as Barley-water and other

Things

Fevers, Agues, Stomach, Apoſthumes, Inflammations, Spleen.

Things made thereof, do give great Nouriſhment to Perſons troubled with Fevers, Agues, and Heats in the Stomach. A Poultice made of Barley-meal or Flower boiled in Vinegar and Honey, and a few dry Figs put into them, diſſolveth all hard Impoſthumes, and aſſwageth Inflammations, being thereto applied. And being boiled with Melilot and Camomile-flowers and ſome Linſeed, Fenugreek and Rue in Powder, and applied warm, it eaſeth Pains in Side and Stomach, and Windineſs of the Spleen. The Meal of Barley and Fleawort boiled in Water, and made a Poultice with Honey and Oil of Lillies applied warm, cureth Swellings under the Ears, Throat, Neck, and ſuch like; and a Plaiſter made thereof with Tar, Wax, and Oil, helpeth the King's Evil in the Throat; boiled with ſharp Vinegar into a Poultice, and laid on hot, helpeth the Leproſy; being boiled in red Wine with pomgranate Rinds, and Myrtles, ſtayeth the Laſk or other Flux of the Belly; boiled with Vinegar and Quince, it eaſeth the Pains of the Gout, Barley-flower, White-ſalt, Honey and Vinegar mingled together, taketh away the Itch ſpeedily and certainly. The Water diſtilled from the green Barley in the End of *May*, is very good for thoſe that have Deſluctions of Humours, fallen into their Eyes, and eaſeth the Pains being dropped into them; or White-Beard ſteeped therein, and bound on to the Eyes doth the ſame.

Ears, Throat, Neck, King's-Evil, Leproſy, Flux, Gout, Itch, Eyes.

Garden-Bazil, *or* Sweet-Bazil.

Deſcript. *THE greater or ordinary Bazil riſeth up uſually with one upright Stalk diverſly branching forth on all Sides, with two Leaves at every Joint, which are ſomewhat broad and round, yet pointed, of a pale green Colour, but freſh, a little ſnip'd about the Edges, and of a ſtrong healthy Scent. The Flowers are ſmall and white, and ſtanding at the Tops of the Branches, with two ſmall Leaves at the Joints, in ſome Places green, in others brown, after which come black Seed. The Root periſheth at the Approach of Winter, and therefore muſt be new ſown every Year.*

Place.]

Place.] It groweth in Gardens.

Time.] It muſt be ſowed late, and flowers in the Heart of Summer, being a very tender Plant.

Government and Virtues.] This is the Herb which all Authors are together by the Ears about, and rail at one another (like Lawyers) *Galen* and *Dioſcorides* hold it not fitting to be taken inwardly; and *Chryſippus* rails at it with down-right *Billingſgate* Rhetorick; *Pliny*, and the *Arabian* Phyſicians defend it.

For mine own Part, I preſently found that Speech true;

Non noſtrum inter nos tantas componere lites.

And away to Dr. *Reaſon* went I, who told me it was an Herb of *Mars*, and under the *Scorpion*, and perhaps therefore called *Baſilicon*, and 'tis no marvel if it carry a kind of virulent Quality with it. Being applied to the Place bitten by venomous beaſts, or ſtung by a Waſp, or Hornet, it ſpeedily draws the Poiſon to it; *Every like draws his like.* *Mizaldus* affirms that it being laid to rot in Horſe-dung it will breed venomous Beaſts. *Hilarius*, a *French* Phyſician affirms upon his own knowledge, that an Acquaintance of his, by common ſmelling to it, had a *Scorpion* bred in his Brain. Something is the Matter this Herb and Rue will not grow together, no, nor near one another; and we know Rue is as great an Enemy to Poiſon as any grows.

Venomous Beaſts, Bees Waſps, Hornets.

To conclude: It expelleth both Birth and After-birth; and as it helps the Deficiency of *Venus* in one kind, ſo it ſpoils all her Actions in another. I dare write no more of it.

The Bay-Tree.

THIS is ſo well known, that it need no Deſcription; I ſhall therefore only write the Virtues thereof, which are many.

Government and Virtues.] I ſhall but only add a Word or two to what my Friend hath written, *viz.* That it is a Tree of the Sun, and under the Celeſtial Sign *Leo*, and reſiſteth Witchcraft very potently, as alſo all the Evils old *Saturn* can do to the Body of Man, and they are not a few; for it is the Speech of one, and I am miſtaken if it were not *Mizaldus*, that neither Witch nor Devil, Thunder nor Lightning,

Witchcraft.

ning, will hurt a Man in the Place where a Bay-tree is. *Galen* ſaid, That the Leaves or Bark do dry and heal very much, and the Berries more than the Leaves, the Bark of the Root is leſs ſharp and hot, but more bitter, and hath ſome Aſtriction withal, whereby it is effectual to break the Stone, and good to open Obſtructions of the Liver, Spleen, and other inward Parts, which bring the Dropſy, Jaundice, &c. The Berries are very effectual againſt all Poiſon of venomous Creatures, and the Sting of Waſps and Bees; as alſo againſt the Peſtilence, or other infectious Diſeaſes, and therefore put into ſundry Treacles for that Purpoſe; They likewiſe procure Womens Courſes; and ſeven of them given to a Woman in ſore Travel of Child-birth, do cauſe a ſpeedy Delivery, and expel the After-birth, and therefore not to be taken by ſuch as have not gone out their Time, leſt they procure Abortion or cauſe Labour too ſoon. They wonderfully help all Cold and Rheumatick Diſtillations from the Brain to the Eyes, Lungs, or other Parts; and being made into an Electuary with Honey, do help the Conſumption, old Coughs, Shortneſs of Breath and thin Rheums; as alſo the Megrim. They mightily expel the Wind, and provoke Urine; help the Mother, and kill the Worms. The Leaves alſo work the like Effects. A Bath of the Decoction of the Leaves and Berries, is ſingular good for Woman to ſit in, that are troubled with the Mother, or the Diſeaſes thereof, or the Stoppings of their Courſes, or for the Diſeaſes of the Bladder, Pains in the Bowels by Wind and Stopping of Urine. A Decoction likewiſe of equal Parts of Bayberries, Cummin-ſeed, Hyſſop, Origanum, and Euphorbium, with ſome Honey, and the Head bathed therewith, doth wonderfully help Diſtillations and Rheums, and ſettleth the Palate of the Mouth into its Place. The Oil made of the Berries is very comfortable in all cold Griefs of the Joints, Nerves, Arteries, Stomach, Belly, or Womb, and helpeth Palſies, Convulſions, Cramps, Aches, Tremblings and Numbneſs in any Part, Wearineſs alſo, and Pains that come by ſore Travelling. All Griefs and Pains proceeding from Wind,

Stone, Obſtructions of the Liver and Spleen, Dropſy, Poiſon, Jaundice, Bees, Waſps, Hornets, Terms, provokes, eaſes Delivery, After-birth, Cough, Eyes, Lungs, ſhort Breath, Megrim, Wind, Vertigo, Dyſury, Mother, Worms, Joints, Nerves, Arteries.

Wind either in the Head, Stomach, Back, Belly or Womb, by anointing the Parts affected therewith: And Pains in the Ears are alfo cured by dropping in fome of the Oil, or by receiving into the Ears the Fume of the Decoction of the Berries through a Funnel. The Oil takes away the Marks of the Skin and Flefh by Bruifes, Falls, *&c.* and diffolveth the congealed Blood in them: It helpeth alfo the Itch, Scabs, and Weals in the Skin.

Stomach, Womb, Belly, Ears, Marks in the Skin, Itch, Scabs.

Beans.

BOth the Gárden and Field-Beans are fo well known, that it faveth me the Labour of Writing any Defcription of them. Their Virtues follow.

Government and Virtues.] They are Plants of *Venus*, and the diftilled Water of the Flower of Garden-Beans, is good to clean the Face and Skin from Spots and Wrinkles, and the Meal or Flour of them, or the fmall Beans doth the fame. The Water Diftilled from the green Huſks, is held to be very effectual againſt the Stone, and to provoke Urine. Bean-flour is uſed in Poultices to aſſwage Inflammations riſing upon Wounds, and the Swelling of Womens Breaſts, cauſed by the Curdling of their Milk, and repreſſeth their Milk: Flour of Beans and Fenugreek mixed with Honey, and applied to Felons, Boils, Bruiſes, or blew Marks by Blows, or the Impoſthumes in the Kernels of the Ears, helpeth them all; and with Roſe Leaves Frankincenſe, and the White of an Egg, being applied to the Eyes, helpeth them that are ſwoln or do water, or have received any Blow upon them, if uſed with Wine. If a Bean be parted in two, the Skin being taken away, and laid on the Place where a Leech hath been ſet that bleedeth too much, ſtayeth the Bleeding. Bean-flour boiled to a Poultice with Wine and Vinegar, and ſome Oil put thereto eaſeth both Pains and Swellings of the Cods. The Huſks boiled in Water to the Conſumption of a third Part thereof, ſtaveth a Laſk: And the Aſhes of the Huſks, made up with old Hogs-greaſe, helpeth the old Pains, Contuſions,

Spots, Stone, Dyſury, Inflammations, Womens Breaſts, Felons or Audicoms, Boils, Bruiſes, Ears, Eyes, Leeches, Cods, Swellings, Flux, Pain, Sinew, Gout, Sciatica.

tuſions and Wounds of the Sinews, the Sciatica and Gout. The Field Beans have all the aforementioned Virtues as the Garden-Beans.

Beans eaten are extream windy Meat; but if after the *Dutch* Faſhion, when they are half boiled you huſk them, and then ſtew them (I cannot tell you how, for I never was Cook in all my Life) they are wholſome Food.

French Beans.

Deſcript.] *THIS* French *or Kidney-Bean, ariſeth at firſt but with one Stalk, which afterwards divides itſelf into many arms or Branches, but all ſo weak that if they be not ſuſtained with Sticks, or Poles, they will be fruitleſs upon the Ground. At ſeveral Places of theſe Branches grow Foot-Stalks, each with three broad, round and pointed green Leaves at the end of them, towards the Top comes forth divers Flowers made like unto Peaſe-bloſſoms, of the ſame Colour for the moſt Part that the Fruit will be of; that is to ſay, white, yellow, red, blackiſh, or of a deeper purple, but white is moſt uſual; after which come long and ſlender flat Cods, ſome crooked, ſome ſtrait, with a String running down the back thereof wherein is flattiſh round Fruit made like a Kidney; the Root long, ſpreadeth with many Strings annexed to it, and periſheth every Year.*

There is another Sort of French-Beans commonly growing with us in this Land; which is called the *Scarlet flowered Bean.*

This ariſeth with ſundry Branches as the other, but runs higher, to the length of Hop-poles, about which they grow twining but turning contrary to the Sun, having Foot-Stalks with three Leaves on each, as on the other; the Flowers alſo are like the other; and of a moſt Orient Scarlet Colour. The Beans are larger than the ordinary Kind, of a dead purple Colour turning black when ripe and dry; The Root periſheth in Winter.

Government and Virtues.] Theſe alſo belong to Dame *Venus*; and being dried and beat to Powder, are as great Strengtheners of the Kidneys as any are; neither is there a better Remedy than it, a Dram at a Time taken in White-wine, to prevent the Stone or to cleanſe the Kideys of Gravel or Stoppage. The ordinary French-Beans are of an eaſy Digeſtion; they move the Belly, provoke Urine, enlarge the Breaſt that is ſtrengthened with Shortneſs of Breath, engender Sperm, and incite to Venery.

Dyſury, Shortneſs of Breath, incite to Venery.

And

And the ſcarlet coloured Beans, in Regard of the glorious Beauty of their Colour, being ſet near a Quickſet Hedge, will bravely adorn the ame by climbing up thereon, ſo that hey may be diſcerned a great Way, not without Admiration of the Beholders at a Diſtance .But they will go near to kill he Quickſets by cloathing them in Scarlet. *A gallant Shew.*

Ladies Bed-ſtraw.

BEſides the common Name above written, it is called Cheeſe-Renner, becauſe it performs the ſame Office; is alſo Gallion, Pettimugget, and Maid-Hair; and by ſome vild Roſemary.

Deſcript.] *This riſeth up with divers ſmall, brown and ſquare ipright Stalks a yard high or more; ſometimes branches forth nto divers Parts, full of Joints, and with divers very fine ſmall Leaves, at every one of them little or nothing rough at all: At he Tops of the Branches grow many long Tufts or Branches of ellow Flowers very thick ſet together, from the ſeveral Joints which conſiſt of four Leaves a-piece, which ſmell ſomewhat ſtrong ut not unpleaſant. The Seed is ſmall and black like Poppy-ſeed, wo for moſt Part joined together: The Root is reddiſh, with nany ſmall Threads faſtned unto it, which takes ſtrong hold of he Ground, and creepeth a little; and the Branches leaning a ittle down to the Ground, take Root at the Joints thereof, where- y it is eaſily increaſed.*

There is another Sort of Ladies Bed-ſtraw growing frequently n England *which beareth white Flowers as the other doth yellow; ut the Branches of this are ſo weak that unleſs it be ſuſtained by he Hedges, or other Things near which it groweth, it will lie down o the Ground; the Leaves a little bigger than the former, and he Flowers not ſo plentiful as theſe; and the Root hereof is alſo breaddy and abiding.*

Place.] They grow in Meadows and Paſtures both wet and ry, and by the Hedges.

Time.] They flower in *May* for the moſt Part, and the eed is ripe in *July* and *Auguſt*.

Governmennt and Virtues.] They are both Herbs of *Venus*, nd therefore ſtrengthening the Parts both Internal and Ex- ernal, which ſhe rules. The Decoction of the former of hoſe being drunk, is good to fret and reak the Stone, provoke Urine, ſtayeth *Stone, Dyſury, Bleed-*

inward

ing Wounds, burnings, Wearineſs, galled Feet, ſtiffneſs of Joints, Scabs, Itch.

inward Bleeding, and healeth inward Wounds. The Herb or Flower bruiſed and put up into the Noſtrils, ſtayeth their Bleeding likewiſe: The Flowers and Herbs being made into an Oil, by being ſet in the Sun and changed after it hath ſtood ten or twelve Days; or into an Ointment being boiled in *Axunga*, or Sallet Oil, with ſome *Wax* melted therein, after it is ſtrained; either the Oil, made thereof, or the Ointment, do help Burnings with Fire, or Scaldings with Water: The ſame alſo, or the Decoction of the Herb and Flower, is good to bathe the Feet of Travellers and Lacquies, whoſe long Running cauſeth wearineſs and ſtiffneſs in their Sinews and Joints. If the Decoction be uſed warm, and the Joints afterwards anointed with Ointment, it helpeth the dry Scab, and the Itch in Children; and the Herb with the white Flower is alſo very good for the Sinews, Arteries, and Joints, to comfort and ſtrengthen them after Travel, Cold, and Pains.

Beets.

OF Beets there are two Sorts, which are beſt known generally, and whereof I ſhall principally treat at this Time, *viz.* the white and red Beets, and their Virtues.

Deſcript.] *The common white* Beet *hath many great Leaves next the Ground, ſomewhat large, and of a whitiſh green Colour: The Stalk is great, ſtrong, and ribbed, bearing great ſtore of Leaves upon it, almoſt to the very Top of it: The Flowers grow in very long Tufts, ſmall at the End, and turning down their Heads, which are ſmall, pale, greeniſh, yellow Buds, giving cornered prickly Seed. The Root is great, long, and hard, and when it hath given Seed, is of no Uſe at all.*

The common red Beet *differeth not from the white, but only it is leſſer, and the Leaves and the Roots are ſomewhat red: The Leaves are differently red, ſome only with red Stalks or Veins; ſome of a freſh red, and others of dark red. The Root thereof is red, ſpungy, and not uſed to be eaten.*

Government and Virtues.] The Government of theſe two Sorts of Beets are far different; the red Beet being under *Saturn*, and the white under *Jupiter*; therefore take the Virtues of them apart, each by himſelf: The white Beet doth much looſen the Belly and

Cleanſe, Digeſt, Dy-

and is of a cleanfing, digefting Quality, and provoketh Urine. The Juice of it openeth Obftructions both of the Liver and Spleen, and is good for the Head ach and Swimmings therein, and Turnings of the Brain; and is effectual alfo againft all venomous Creatures; and applied unto the Temples, ftayeth Inflammations in the Eyes; it helpeth Burnings, being ufed without Oil, and with a little Alum put to it; it is good for St. *Anthony*'s Fire. It is good for all Wheals, Puftules, Blifters, and Blains in the Skin: The Herb boiled and laid upon Chilblains or Kibes, helpeth them. The Decoction thereof in Water and fome Vinegar, healeth the Itch, if bathed therewith, and cleanfeth the Head of Dandruff, Scurf, and dry Scabs, and doth much Good for fretting and running Sores, Ulcers, and Cankers in the Head, Legs, or other Parts, and is much commended againft Baldnefs, and fhedding the Hair.

fury, Obftructions of the Liver and Spleen, Vertigo, venomous Beafts, Burning, St. Anthony's Fire, Wheals, Blifters, Chilblains, Kibes, Itch, Dandruff, Scabs, Ulcers, Cankers, Baldneff.

The Red-Beet is good to ftay the Bloody-flux, Womens Courfes, and the Whites, and to help the Yellow Jaundice: The Juice of the Root put into the Noftrils, purgeth the Head, helpeth the Noife in the Ears, and the Tooth ach; the Juice fnuffed up the Nofe, helps a ftinking Breath, if the Caufe lies in the Nofe, as many times it doth, if any Bruife hath been there; as alfo Want of Smell coming that Way.

Flux, Terms, ftops Whites, ftinking Breath, Noife in the Ears, Smell loft.

Water-Betony.

CALLED alfo *Broom-Wort*, and in *Yorkfhire*, *Bifhops-Leaves.*

Defcript] *Firft, of the* Water-Betony, *which rifeth up with fquare, hard, greenifh Stalks, fometimes brown, fet with broad dark green Leaves dented about the Edges with Notches, fomewhat refembling the Leaves of the* Wood-Betony, *but much larger too, for the moft part fet at a Joint. The Flowers are many, fet at the Tops of the Stalks and Branches, being round-bellied and open at the Brims, and divided into two Parts, the uppermoft being like a Hood, and the lowermoft like a Lip hanging down, of a dark red*

Colour, which paffing away, there comes in their Places fmall round Heads with fmall Points at the Ends, wherein lie fmall and brownifh Seeds: The Root is a thick Bufh of Strings and Shreds growing from the Head.

Place.] It groweth by the Ditches-fide, Brooks, and other Water-courfes, generally through this Land, and is feldom found far from the Water-fide.

Time.] It flowereth about *July*, and the Seed is ripe in *Auguft.*

Government and Virtues.] Water-Betony is an Herb of *Jupiter* in *Cancer*, and is appropriated more to Wounds and Hurts in the Breafts than Wood-Betony, which follows: It is an excellent Remedy for fick Hogs. It is of a cleanfing Quality: The Leaves bruifed and applied are effectual for all old and filthy Ulcers; and *Ulcers.* efpecially if the Juice of the Leaves be boiled with a little Honey, and dipped therein, and the Sores dreffed *Bruifes.* therewith; as alfo for Bruifes or Hurts, whether inward or outward: The diftilled Water of the Leaves is ufed for the fame Purpofes; as alfo to bathe the Face and *Sun-burning.* Hands fpotted or blemifhed or difcoloured by Sun-burning.

I confefs I do not much fancy diftilled Waters, I mean fuch Waters as are diftilled cold; fome Virtues of the Herb they may happily have (it were a ftrange Thing elfe;) but this I am confident of, that being diftilled in a Pewter Still, as the vulgar and apifh Fafhion is, both chymical Oil and Salt is left behind, unlefs you burn them, and then all is fpoiled, Water and all, which was good for as little as can be by a fuch Diftillation. You may have the beft way of Diftillation in my *Tranflation of the* London *Difpenfatory.*

Wood-Betony.

Defcript.] *COmmon or Wood-Betony hath many Leaves rifing from the Root, which are fomewhat broad and round at the End, roundly dented about the Edges, ftanding upon long Foot-ftalks, from among which arife up fmall, fquare, ftender, but*

but yet upright hairy Stalks, with fome Leaves thereon two a piece at the Joints, fmaller than the lower, whereon are fet feveral fpiked Heads of Flowers like Lavender, but thicker and fhorter for the moft part, and of a reddifh or purple Colour, fpotted with white Spots both in the upper and lower Part. The Seeds being contained within the Hufks that hold the Flowers, are blackifh, fomewhat long and uneven. The Roots are many white thready Strings; the Stalk perifheth, but the Roots, with fome Leaves thereon, abide all the Winter. The whole Plant is fomething fmall.

Place.] It groweth frequently in Woods, and delighteth in fhady Places.

Time.] And it flowereth in *July*; after which the Seed is quickly ripe, yet in its Prime in *May*.

Government and Virtues.] The Herb is appropriated to the Planet *Jupiter*, and the Sign *Aries*. *Antonius Mufa*, Phyfician to the Emperor *Auguftus Cæfar*, wrote a peculiar Book of the Virtues of this Herb; and amongft other Virtues, faith of it, That it preferveth the Liver and Bodies of Men from the Danger of epidemical Diffeafes, and from Witchcrafts alfo; it is found by daily Experience to be good for many Diffeafes; it helpeth thofe that loath, or cannot digeft their Meat, thofe that have weak Stomachs, or four Belchings, or continual Rifing in their Stomach, ufing it familiarly either green or dry; either the Herb or Root, or the Flowers in Broth, Drink, or Meat, or made into Conferve, Syrup, Water, Electuary, or Powder, as every one may beft frame themfelves unto, or as the Time or Seafon requireth; taken any of the aforefaid Ways, it helpeth the Jaundice, Falling-Sickneis, the Palfy, Convulfions or fhrinking of the Sinews, the Gout, and thofe that are inclined to Dropfy, thofe that have continual Pains in their Heads, altho' it turn to Phrenfy. The Powder mixed with pure Honey, is no lefs available for all Sorts of Coughs or Colds, Wheef-

Epidemical Diffeafes, Witchcraft, Appetite, Indigeftion, Stomach, Belching, Jaundice, Falling-ficknefs, Palfy, Convulfion, fhrinking of the Sinews, Gout, Dropfy, Phrenfy, Cough, Cold, Shortnefs of Breath, Agues, for all fore Eyes, Worms, Obftructions of the Liver and Spleen, Stitches, Pains in the Back and Belly, Terms provokes, Mother, Childbirth, Stone, Toothach, venomous Beafts, mad Dogs, Wearinefs, Bleeding at the Mouth and Nofe, Piffing and Spitting of

ing,

Blood, Rupture, Bruifes, Wounds, Veins, and Sinews, old Ulcers, Fiftula's, Boils, Ears.

ing or Shortneſs of Breath, Diſtillations of thin Rheum upon the Lungs, which cauſeth Conſumptions. The Decoction made with Mead, and a little Penny-royal, is good for thoſe that are troubled with putrid Agues, whether Quotidian, Tertian, or Quartan, and to draw down and evacuate the Blood and Humours, that by falling into the Eyes, do hinder the Sight; the Decoction thereof made in Wine, and taken, killeth the Worms in the Belly, openeth Obſtructions both of the Spleen and Liver; cureth Stitches, and the Pains in the Back or Sides, the Torments and griping Pains of the Bowels, and the Wind-Cholick; and mix'd with Honey purgeth the Belly, helpeth to bring down Womens Courſes; and is of ſpecial Uſe for thoſe that are troubled with the falling down of the Mother, and Pains thereof, and cauſeth an eaſy and ſpeedy Delivery of Women in Child-birth. It helpeth alſo to break and expel the Stone, either in the Bladder or Kidneys. The Decoction with Wine gargled in the Mouth, eaſeth the Tooth-ach. It is commended againſt the Stinging or Bitting of venomous Serpents, or mad Dogs, being uſed inwardly and applied outwardly to the Place. A Drachm of the Powder of Betony, taken with a little Honey in ſome Vinegar, doth wonderfully refreſh thoſe that are over wearied by Travel. It ſtayeth Bleeding at the Mouth or Noſe, and helpeth thoſe that piſs or ſpit Blood, and thoſe that are burſten, or have a Rupture, and is good for ſuch as are bruiſed by any Fall, or otherwiſe. The green Herb bruiſed, or the Juice applied to any inward Hurt, or outward green Wound in the Head or Body, will quickly heal and cloſe it up; as alſo any Veins or Sinews, that are cut; and will draw forth any broken Bone or Splinter, Thorn, or other Things gotten into the Fleſh. It is no leſs profitable for old Sores or filthy Ulcers; yea, though they be fiſtulous and hollow. But ſome do adviſe to put a little Salt to this Purpoſe, being applied with a little Hogs-Lard it helpeth a Plague Sore, and other Boils and Puſhes. The Fumes of the Decoction while it is warm, received by a Funnel into the Ears, eaſeth the Pains of them, deſtroyeth the Worms, and cureth the running Sores in them. The Juice dropped into them, doth the ſame. The Root of

Betony

Betony is displeasing both to the Taste and Stomach; whereas the Leaves and Flowers, by their sweet and spicy Taste, are comfortable both in Meat and Medicine.

These are some of the many Virtues *Antony Muse*, an expert Physician (for it was not the Practice of *Octavius Cæsar* to keep Fools about him) appropriates to Betony, it is a very precious Herb, that is certain, and most fitting to be kept in a Man's House, both in Syrup, Conserve, Oil, Ointment, and Plaister. The Flowers are usually conserved.

The Beech-tree.

IN treating of this Tree, you must understand that I mean the great Mast-Beech; which is by Way of Distinction from that other small rough Sort, called in *Sussex* the smaller Beech, but in *Essex* Horn-beam.

I suppose it is needless to describe it, being already too well known to my Countrymen.

Place.] It groweth in Woods amongst Oaks and other Trees, and in Parks, Forests, and Chaces, to feed Deer; and in other Places to fatten Swine.

Time.] It bloometh in the End of *April*, or Beginning of *May*, for the most Part, and the Fruit is ripe in *September*.

Government and Virtues.] It is a Plant of *Saturn*, and therefore performs his *Qualities* and *Proportion* in these Operations: The Leaves of the Beech-tree, are Cooling and Binding, and therefore good to be applied to hot Swellings to discuss them: The Nuts do much nourish such Beasts as feed thereon. The Water that is found in the hollow Places of decaying Beeches will cure both Man and Beast of any Scurf, Scab, or running Tetters, if they be washed therewith; you may boil the Leaves into a Poultice, or make an Ointment of them, when Time of Year serves.

Cools, Binds, hot Swellings, Tetters, Scurf, Scabs.

Bilberries, called by some *Whorts*, and *Whortle-Berries*.

Descript.] OF *these I shall only speak of two Sorts which are commonly in* England, viz. *The Black and Red And first of the Black.*

Bilberries.

The small Bush creepeth along upon the Ground, scarce rising half a Yard high, with divers small dark green Leaves set in

the green Branches, not always one againſt the other, and a little dented about the Edges: At the Foot of the Leaves come forth ſmall, hollow, pale, blueiſh coloured Flowers, the Brims ending in five Points, with a reddiſh Thread in the Middle, which paſs into ſmall round Berries of the Bigneſs and Colour of Juniper Berries, but of a purple, ſweetiſh, ſharp Taſte; the Juice of them giveth a purpliſh Colour in their Hands and Lips that eat and handle them, eſpecially if they break them. The Root groweth a ſlope under Ground, ſhooting forth in ſundry Places as it creepeth. This loſeth its Leaves in Winter.

The Red Bilberry *or* Whortle-Buſh, *riſeth up like the former, having ſundry hard Leaves, like the Box-tree Leaves, green and round pointed, ſtanding on the ſeveral Branches, at the Top whereof only, and not from the Sides, as in the former, come forth divers round, reddiſh, ſappy Berries, when they are ripe, of a ſharp Taſte. The Root runneth in the Ground, as in the former, but the Leaves of this abide all the Winter.*

Place.] The firſt groweth in Foreſts, on the Heaths, and ſuch like barren Places: The Red grows in the North Parts of this Land, as *Lancaſhire*, *Yorkſhire*, &c.

Time.] They flower in *March* and *April*, and the Fruit of the Black is ripe in *July* and *Auguſt*.

Government and Virtues.] They are under the Dominion of *Jupiter*. It is a Pity they are uſed no more in Phyſick than they are. The *Black Bilberries* are good in hot Agues, and to cool the Heat of the Liver and Stomach; they do ſomewhat bind the Belly, and ſtay Vomitings and Loathings; the Juice of the Berries made in a Syrup, or the Pulp made into a Conſerve with Sugar, is good for the Purpoſes aforeſaid, as alſo for an old Cough, or an Ulcer in the Lungs, or other Diſeaſes therein. The *Red Worts* are more binding, and ſtop Womens Courſes, Spitting of Blood, or any other Flux of Blood or Humours, being uſed as well outwardly as inwardly.

Agues, Stomach, Liver, Vomiting, Appetite loſt, Fluxes, Cough.

Bifoil, *or* Twablade.

Deſcript. *THIS ſmall Herb, from a Root ſomewhat ſweet, ſhooting downwards many long Strings, riſeth up a round green Stalk, bare or naked next the Ground for an Inch, two, or three, to the Middle thereof, as it is in Age or Growth;*

Growth; as alſo from the Middle upward to the Flowers, having only two broad Plantain-like Leaves (but whiter) ſet at the middle of the Stalk one againſt another, compaſſeth it round at the Bottom of them.

Place.] It is an uſual Inhabitant in Woods, Copſes, and in many other Places in this Land.

There is another Sort groweth in wet Grounds and Marſhes, which is ſomewhat different from the former. It is a ſmaller Plant, and greener, having ſometimes three Leaves: The Spike of the Flowers is leſs than the former, and the Roots of this do run or creep in the Ground.

They are much and often uſed by many to good Purpoſe for Wounds, both green and old, and to conſolidate or knit Ruptures; and well it may, being a Plant of *Saturn*. *Wounds, Ruptures.*

The Birch-Tree.

Deſcript.] *THis groweth a goodly tall ſtraight Tree, fraught with many Boughs, and ſlender Branches bending downward; the Old being covered with a diſcoloured chapped Bark, and the Younger being browner by much. The Leaves at the firſt breaking out are crumpled, and afterwards like the Beach Leaves, but ſmaller and greener, and dented about the Edges. It beareth ſmall ſhort Catkins, ſomewhat like thoſe of the Hazel Nut-tree, which abide on the Branches a long Time, until growing ripe, they fall on the Ground, and their Seed with them.*

Place.] It uſually groweth in Woods.

Government and Virtues.] It is a Tree of *Venus*; the Juice of the Leaves, while they are young, or the diſtilled Water of them, or the Water that comes from the Tree being bored with an Auger, and diſtilled afterwards; any of theſe being drunk for ſome Days together, is available to break the Stone in the Kidney and Bladder.

and is good alſo to waſh ſore Mouths. *Stone, Sore Mouths.*

Bird's-Foot

THIS ſmall Herb groweth not above a Span high, with many Branches ſpread upon the Ground, ſet with many Wings of ſmall Leaves. The Flowers grow upon the Branches, many ſmall ones of a pale yellow Colour being ſet a-head together, which afterwards turned into ſmall

jointed Cods, well refembling the Claws of fmall Birds, whence it took its Name.

There is another Sort of Birds-foot in all Things like the former, but a little larger: The Flower of a pale whitifh red Colour, and the Cods diftinct by Joints like the other, but a little more crooked; and the Roots do carry many fmall white Knots or Kernels amongft the Strings.

Place.] Thefe grow on Heaths, and many open untilled Places of this Land.

Time.] They flower and feed in the End of Summer.

Government and Virtues.] They belong to *Saturn*, and are of a drying binding Quality, and thereby very good to be ufed in Wound-drinks; as alfo to apply outwardly for the fame Purpofe. But the latter Birds-foot is found by experience to break the Stone in the Back or Kidneys, and drive them forth, if the Decoction thereof be taken; and it wonderfully helpeth the Rupture, being taken inwardly, and outwardly applied to the Place.

Dry, Bind, Wounds, Stone, Rupture.

All Salts have beft Operation upon the Stone as Ointments and Plaifters have upon Wounds; and therefore you may make a Salt of this for the Stone; the Way how to do fo may be found in my Tranflation of the *London Difpenfatory*; and it may be I may give you it again in plainer Terms at the latter End of this Book.

Bifhops-Weed.

BEfides the common Name *Bifhop-weed*, 'tis ufually known by the *Greek* Name *Ammi* and *Ammios*; fome call it *Æthiopian Cummin-feed*, and others *Cummin Royal*, as alfo *Herb William*, and *Bull-wort*.

Defcript.] Common *Bifhops-weed* rifeth up with a round ftraight Stalk, fometimes as high as a Man, but ufually three or four Foot high, befet with divers fmall, long, and fomewhat broad Leaves, cut in fome Places, and dented about the Edges, growing one againft another, of a dark green Colour, having fundry Branches on them, and at the Top fmall Umbels of white Flowers, which turn into fmall round Seeds little bigger than *Parfley-Seed*, of a quick hot Scent and Taft: The Root is white and ftringy, perifhing yearly, and ufually rifeth again of its own fowing.

Place.] It groweth wild in many Places in *England* and *Wales*, as between *Greenhith* and *Gravefend*. Go-

Government and Virtues] It is hot and dry in the third Degree, of a bitter Taſte, and ſomewhat ſharp withal; it provokes Luſt to purpoſe: I ſuppoſe *Venus* owns it. It digeſteth Humours, provoketh Urine and Womens Courſes, diſſolveth Wind, and being taken in Wine it eaſeth Pain and Griping in the Bowels, and is good againſt the biting of Serpents; it is uſed to good Effect in thoſe Medicines which are given to hinder the poiſonous Operation of *Cantharides* upon the Paſſage of the Urine; being mixed with Honey and applied to black and blue Marks, coming of Blows or Bruiſes, it takes them away; and being drank or outwardly applied, it abateth an high Colour, and makes it pale; and the Fumes thereof taken with Roſin or Raiſins, cleanſeth the Mother.

Dyſury, Terms provokes, Wind-Cholick, Venomous Beaſts, Cantharides, black and blue Spots, high Colour, Mother.

Biſtort, *or* Snakeweed.

IT is called *Snakeweed, Engliſh Serpentary, Dragon-wort, Oſterick,* and *Paſſions.*

Deſcript.] This hath a thick ſhort knobbed Root, blackiſh without, and ſomewhat reddiſh within, a little crooked or turned together, of a harſh aſtringent Taſte, with divers black Threads hanging there, from whence ſpring up every Year divers Leaves ſtanding upon long Foot-ſtalks being ſomewhat broad and long like a Dock-leaf, and a little pointed at the Ends, but that it is of a blueiſh green Colour on the upper Side, and of an Aſh-colour, grey, and a little purpliſh underneath with divers Veins therein, from among which riſe up divers ſmall and ſlender Stalks, two Foot high, and almoſt naked and without Leaves, or with very few, and narrow, bearing a ſpikey Buſh of pale-coloured Flowers; which being paſt, there abideth ſmall Seed, like unto Sorrel-ſeed, but greater.

There are other Sorts of *Biſtert* growing in this Land, but ſmaller, both in Height, Root, and Stalks, and eſpecially in the Leaves. The Root blackiſh without, and ſomewhat whitiſh within; of an auſtere binding Taſte as the former.

Place.] They grow in ſhadowy moiſt Woods, and at the Foot of Hills, but are chiefly nouriſhed up in Gardens. The narrow leafed Biſtort groweth in the North, in *Lancaſhire, Yorkſhire,* and *Cumberland.*

Time.] They flower about the End of *May*, and the Seed is ripe about the Beginning of *July.*

Government and Virtues.] It belongs to *Saturn*, and is in Operation cold and dry; both the Leaves and Roots have a powerful Faculty to reſiſt all Poiſon. The Root in Powder taken in Drink, expelleth the Venom of the Plague, the Small-pox, Meaſles, Purples, or any other infectious Diſeaſe, driving it out by Sweating. The Root in Powder, the Decoction thereof in Wine being drank, ſtayeth all manner of inward Bleeding, or Spitting of Blood, and any Fluxes in the Body of either Man or Woman, or Vomiting. It is alſo very available againſt Ruptures, or Burſtings, or all Bruiſes of Falls, diſſolving the congealed Blood, and eaſing the Pains that happen thereupon; it alſo helpeth the Jaundice. The Water diſtilled from both Leaves and Roots, is a ſingular Remedy to waſh any Place bitten or ſtung by any venomous Creature; as alſo for any of the Purpoſes before ſpoken of, and is very good to waſh any running Sores or Ulcers. The Decoction of the Root in Wine being drunk, hindereth Abortion or Miſcarriage in Child-bearing. The Leaves alſo kill the Worms in Children, and is a great Help to them that cannot keep their Water; if the Juice of Plantain be added thereto, and outwardly applied, much helpeth the Gonorrhea, or Running of the Reins. A Drachm of the Powder of the Root taken in Water thereof, wherein ſome red-hot Iron or Steel hath been quenched, is alſo an admirable Help thereto, ſo as the Body be firſt prepared and purged from the offenſive Humours. The Leaves, Seed, or Roots, are all very good in Decoctions, Drinks, or Lotions, for inward or outward Wounds, or other Sores. And the Powder ſtrewed upon any Cut or Wound in a Vein, ſtayeth the immoderate Bleeding thereof. The Decoction of the Root in Water, whereunto ſome Pomegranate Pills and Flowers are added, injected into the Matrix, ſtayeth the Acceſs of Humours to the Ulcers thereof, and bringeth it to its right Place, being fallen down, and ſtayeth the immoderate Flux of the Courſes. The Root thereof, with Pellitory of *Spain*, and burnt Allom, of each a little Quantity,

Poiſon, Small-Pox, Plague, Meaſles, Purples, epidemical Diſeaſes, inward Bleeding, Flux, Vomiting, Ruptures, Jaundice, Venomous Beaſts, Ulcers, Abortion, Worms, Diabetes, Running of the Reins, Wounds, Bleeding, Matrix, Terms ſtops, Tooth-ach, Head, Cankers, Gums, Inflammations, Almonds of the Ears.

Quantity, beaten ſmall and made into Paſte, with ſome Honey, and a little Piece thereof put into an hollow Tooth, or held between the Teeth, if there be no Hollowneſs in them, ſtayeth the Defluxion of Rheum upon them, which cauſeth Pains, and helps to cleanſe the Head, and void much offenſive Water. The diſtilled Water is very effectual to waſh Sores or Cankers in the Noſe, or any other Part; if the Powder of the Root be applied thereunto afterwards. It is good alſo to faſten the Gums, and to take away the Heat and Inflammations that happen in the Jaws. Almonds of the Throat, or Mouth, if the Decoction of the Leaves, Roots, or Seeds bruiſed, or the Juice of them; but the Roots are moſt effectual to the Purpoſes aforeſaid.

One-Blade.

Deſcript.] *THIS ſmall Plant never beareth more than one Leaf, but only when it riſeth up with its Stalk, which thereon beareth another, and ſeldom more, which are of a blueiſh green Colour, broad at the Bottom, and pointed with many Ribs or Veins like Plantain; at the Top of the Stalk grow many ſmall Flowers Star-faſhion, ſmelling ſomewhat ſweet; after which come ſmall reddiſh Berries when they are ripe: The Root ſmall, of the Bigneſs of a Ruſh, lying and creeping under the upper Cruſt of the Earth, ſhooting forth in divers Places.*

Place.] It grows in moiſt, ſhadowy, graſſy Places of Woods, in many Places of this Realm.

Time.] It flowereth about *May*, and the Berries be ripe in *June*, and then quickly periſheth, until the next Year it ſpringeth from the ſame again.

Government and Virtues.] It is an Herb of the Sun, and therefore cordial; half a Drachm, or a Drachm at moſt, of the Roots hereof in Powder, taken in Wine and Vinegar, or even a like Quantity, and the Party preſently laid to ſweat, is held to be a ſovereign Remedy for thoſe that are infected with the Plague, and have a Sore upon them, by expelling the Poiſon, and defending the Heart and Spirits from Danger. It is alſo accounted a ſingular good *Wound*-Herb, and therefore uſed with other Herbs in making ſuch Balms as are neceſſary for the curing of *Wounds*, either green or old, and eſpecially if the Nerves or Sinews be hurt.

Peſtilence, Wounds, Nerves, Sinews, Hurts.

The

The Bramble, *or* Black-Berry-Bufh,

IT is fo well known, that it needeth no Defcription. The Virtues thereof are as followeth.

Government and Virtues.] It is a Plant of *Venus* in *Aries*. You fhall have fome Directions at the latter End of the Book for the gathering of all Herbs and Plants, *&c.* If any afk the Reafon why *Venus* is fo prickly? Tell them, 'tis becaufe fhe is in the Houfe of *Mars*. The Buds, Leaves, and Branches, while they are green, are of a good Ufe in the Ulcers and putrid Sores of the Mouth and Throat, and of the Quinfey, and likewife to heal other freth Wounds and Sores; but the Flowers and Fruit unripe are very binding, and fo profitable for the Bloody-flux, Lafks, and are a fit Remedy for fpitting of Blood. Either the Decoction or Powder of the Root being taken, is good to break or drive forth Gravel, and the Stone in the Reins and Kidneys. The Leaves and Brambles, as well green as dry, are excellent good Lotions for Sores in the Mouth, or Secret Parts. The Decoction of them, and of the dry'd Branches, do much bind the Belly, and are good for too much flowing of Womens Courfes; the Berries of the Flowers are a powerful Remedy againft the Poifon of the moft venomous Serpents; as well drank as outwardly applied, helpeth the Sores of the Fundament, and the Piles; the Juice of the Berries mixed with the Juice of Mulberries, do bind more effectually, and help all fretting and eating Sores and Ulcers whereforver. The diftilled Water of the Branches, Leaves and Flowers, or of the Fruit, is very pleafant in Tafte, and very effectual in Fevers, and hot Diftempers of the Body, Head, Eyes, and other Parts, and for the Purpofes aforefaid. The Leaves boiled in Lee, and the Head wafhed therewith, healeth the Itch, and the running Sores thereof, and maketh the Hair black. The Powder of the Leaves ftrewed on Cankers and running Ulcers, wonderfully helps to heal them. Some ufe to condenfate the Juice of the Leaves,

Ulcers, Sores, Quinfeys, Wounds, Flux, Bloody-flux, fpitting Blood, Gravel, Stone, Secrets, Terms ftops, Poifon, Venomous Beafts.

Fundament, Piles, Fevers, Head, Eyes, Itch, fcabby Heads.

Leaves, and ſome the Juice of the Berries, to keep for their Uſe all the Year, for the Purpoſes aforeſaid.

Blites.

Deſcript.] *OF theſe there are two Sorts commonly known,* viz. *White and Red. The White hath Leaves ſomewhat like unto Beets, but ſmaller, rounder, and of a whitiſh green Colour, every one ſtanding upon a ſmall long Foot-ſtalk; the Stalk riſeth up two or three Foot high, with ſuch like Leaves thereon; the Flowers grow at the top in long round Tufts or Cluſters, wherein are contained ſmall and round Seeds; the Root is very full of Threads or Strings.*

The Red Blite is in all things like the White, but that his Leaves and tufted Heads are exceeding red at firſt, and after turn more purpliſh.

There are other Kind of Blites *which grow differing from the two former Sorts but little, but only the wild are ſmaller in every Part.*

Place.] They grow in Gardens, and wild in many Places in this Land.

Time.] They ſeed in *Auguſt* and *September.*

Government and Virtues.] They are all of them cooling, drying, and binding, ſerving to reſtrain the Fluxes of Blood in either Man or Woman eſpecially the Red; which alſo ſtayeth the over-flowing of Womens Reds, as the White Blites ſtayeth the Whites in Women: *Reds and Whites in Women.*

It is an excellent Secret; you cannot well fail in the Uſe: They are all under the Dominion of *Venus.*

There is another Sort of wild Blites like the other wild Kinds, but have long and ſpiky Heads of greeniſh Seeds, ſeeming by the thick ſetting together to be all Seed.

This Sort the Fiſhers are delighted with, and it is a good and uſual Bait; for Fiſhes will bite faſt enough at them, if you have but Wit enough to catch them when they bite.

Borage *and* Bugloſs.

THESE are ſo well known to the Inhabitants in every Garden, that I hold it needleſs to deſcribe them.

To theſe I may add a third Sort, which is not ſo common, nor yet ſo well known, and therefore I ſhall give you its Name and Deſcription.

It is called *Langue de Beuf*; but why then ſhould they call one Herb by the Name *Bugloſs*, and another by the Name *Langue de Beuf?* It is ſome Queſtion to me, ſeeing one ſignifies *Ox-Tonge* in *Greek*, and the other ſignifies the ſame in *French*.

Deſcript.] *The Leaves whereof are ſmaller than thoſe of* Bugloſs, *but much rougher; the Stalks ariſing up about a Foot and an Half high, and is moſt commonly of a red Colour; the Flowers ſtand in ſcaly rough Heads, being compoſed of many ſmall yellow Flowers, not much unlike to thoſe of* Dandelion, *and the Seed flieth away in Down, as that doth; you may eaſily know the Flower by their Taſte, for they are very bitter.*

Place.] It groweth wild in many Places of this Land, and may be plentifully found near *London*, as between *Rotherhith* and *Deptford*, by the Ditch-ſides. Its Virtues are held to be the ſame with *Borage* and *Bugloſs*, only this is ſomewhat hotter.

Time.] They flower in *June* and *July*, and the Seed is ripe ſhortly after.

Government and Virtues.] They are all three Herbs of *Jupiter*, and under *Leo*, all great Cordials, great Strengthners of Nature. They are very cordial. The Leaves and Roots are to very good Purpoſe uſed in putrid and peſtilential Fevers, to defend the Heart, and help to reſiſt and expel the Poiſon, or the Venom of other Creatures; the Seed is of the like effects; and the Seed and Leaves are good to increaſe Milk in Womens Breaſts; the Leaves, Flowers, and Seed, all or any of them, are good to expel Penſiveneſs and Melancholy; it helpeth to clarify the Blood, and mitigate Heat in Fevers. The Juice made into a Syrup, prevaileth

Fevers, Peſtilence, Poiſon, Venomous Beaſts, Milk in Nurſes, Melancholy, ill Blood, Yellow Jaundice, Itch, Ring-Worms, Tetters, Scabs, Weakneſs by long Sickneſs, Conſumption, Swooning, Inflammations,

eth much to all the Purpofes aforefaid, and is put with other cooling, opening and cleanfing Herbs to open Obftructions, and help the Yellow Jaundice, and mixed with Fumitory, to cool, cleanfe, and temper the Blood thereby; it helpeth the Itch, Ring-worms and Tetters, or other fpreading Scabs or Sores. The Flowers candied or made into a Conferve, are helping in the former Cafes, but are chiefly ufed as a Cordial, and are good for thofe that are weak in long Sickneſs, and to comfort the Heart and Spirits of thofe that are in a Conſumption, or troubled with often Swoonings, or Paſſions of the Heart: The diſtilled Water is no leſs effectual to all the Purpofes aforefaid, and helpeth the Redneſs and Inflammations of the Eyes, being waſhed therewith; the dried Herb is never uſed, but the green; yet the Aſhes thereof, boiled in Mead or Honied Water, is available againſt the Inflammations and Ulcers in the Mouth or Throat to waſh and gargle it therewith; the Roots of *Bugloſs* are effectual, being made into a licking Electuary for the Cough, and to condenſate thick Phlegm, and the Rheumatick Diſtillations upon the Lungs.

Ulcers, ſore Mouth and Throat, Cough, Phlegm.

Blue-Bottle.

IT is called *Syanus*, I ſuppoſe from the Colour of it; *Hurt-ſickle*, becauſe it turns the Edge of the Sickles that reap the Corn; *Blue-blow*, *Corn-flower*, and *Blue-bottle*.

Deſcript.] *I ſhall only deſcribe that which is commoneſt, and in my Opinion moſt uſeful; its Leaves ſpread upon the Ground, being of a whitiſh green Colour, ſomewhat on the Edges like thoſe of Corn-ſcabious, amongſt which ariſeth up a Stalk divided into divers Branches, beſet with long Leaves of a greeniſh Colour, either but very little indented, or not at all; the Flowers are of a blue Colour, from whence it took its Name, conſiſting of an innumerable Company of ſmall Flowers ſet in a ſcaly Head, not much unlike thoſe of* Knap-weed; *the Seed is ſmooth, bright, and ſhining, wrapped up in a woolly Mantle; the Root periſheth every Year.*

Place.] They grow in Corn-fields, amongſt all Sorts of Corn, (Peaſe, Beans, and Tares excepted) if you pleaſe to take them up from thence, and tranſplant them in your Garden, eſpecially towards the Full of the Moon, they will grow more double than they are, and many times change Colour.

Time.] They flower from the Beginning of *May* to the End of Harveſt.

Govern-

Government and Virtues.] As they are naturally cold, dry, and binding, they are fo under the Dominion of *Saturn*, the Powder or dried Leaves of the *Blue bottle*, or *Corn-flower*, is given with good Succefs to thofe that are bruifed by a Fall, or have broken a Vein inwardly, and void much Blood at the Mouth; being taken in the Water of *Plantain Horfetail*, or the greater *Comfrey*, it is a Remedy againft the Poifon of the Scorpion, and refifteth all Venoms and Poifon. The Seed or Leaves taken in Wine is very good againft the Plague, and all Infectious Diffeafes, and is very good in Peftilential Fevers. The Juice put into frefh or green Wounds, doth quickly folder up the Lips of them together, and is very effectual to heal all Ulcers and Sores in the Mouth. The Juice dropped into the Eyes, takes away the Heat and Inflammation of them. The diftilled Water of this Herb, hath the fame Properties, and may be ufed for the Effects aforefaid.

Bruifes, broken Veins, Poifon, Plague, Epidemical Diffeafes, Wounds, Ulcers, Inflammations in the Eyes.

Brank-Urfine.

BEfide the common Name, *Brank-Urfine*, it is alfo called *Bears-breech*, and *Acanthus*, though I think our *Engliff* Names to be more proper; for the *Greek* Word *Acanthus*, fignifies any Thiftle whatfoever.

Defcript.] This Thiftle fhooteth forth very many large, thick, fad green, fmooth Leaves upon the Ground, with a very thick and juicy middle Rib; the Leaves are parted with fundry deep Gafhes on the Edges, the Leaves remain a long time before any Stalk appears, afterwards rifeth up a reafonable big Stalk, three or four Foot high, and bravely deck'd with Flowers from the middle of the Stalk upwards; for on the lower Part of the Stalk there is neither Branches nor Leaf. The Flowers are hooded and gaping, being white in Colour, and ftanding in browniih Huiks, with a long fmall undivided Leaf under each Leaf; they feldom feed in our Country. Its Roots are many, great, and thick, blackifh without, and whitifh within, full of a clammy fap; a Piece of them, if you fet in the Garden, and defend from the firft Winter Cold, will grow and flouriih.

Place.] They are only nurfed up in Gardens in *England*, where they will grow very well.

Time.]

Time.] It flowereth in *June* and *July*.

Government and Virtues.] It is an excellent Plant under the Dominion of the *Moon*; I could wiſh ſuch as are ſtudious, would labour to keep it in their Gardens. The Leaves being boiled and uſed in Clyſters, are excellent good to mollify the Belly, and make the Paſſage ſlippery. The Decoction drunk inwardly, is excellent and good for the Bloody-flux. The Leaves being bruiſed or rather boiled and applied like a Poultice, are exceeding good to unite broken Bones, and ſtrengthen Joints that have been put out. The Decoction of either Leaves or Roots being drunk, and the Decoction of Leaves applied to the Place, is excellent good for the King's-Evil that is broken and runneth; for by the Influence of the *Moon*, it reviveth the Ends of the Veins which are relaxed: There is ſcarce a better Remedy to be applied to ſuch places as are burnt with Fire than this is, for it fetches out the Fire and heals it without a Scar. This is an excellent Remedy for ſuch as are burſten, being either taken inwardly, or applied to the place. In like manner uſed, its helps the Cramp, and the Gout. It is excellent good in Hectick Fevers, and reſtores Radical Moiſture to ſuch as are in Conſumptions.

Bloody-flux, Fractures, Diſlocations, King's - Evil, Burnings, Ruptures, Cramp, Gout, Dyſury, Hectick Fever, Radical Moiſture.

Briony, *or* Wild Vine.

IT is called Wild, and Wood Vine, Tamus or Ladies Seal. The white is called White Vine by ſome; and the black, Black Vine.

Deſcript.] *The common White Briony groweth ramping upon the Hedges, ſending forth many long, rough, very tender Branches at the beginning, with many very rough, and broad Leaves thereon, cut (for the moſt part) into five Partitions, in form very like a Vine Leaf, but ſmaller, rough, and of a whitiſh hoary green Colour, ſpreading very far, ſpreading and twining with his ſmall Claſpers (that come forth at the Joints with the Leaves) very far on whatſoever ſtandeth next to it. At the ſeveral Joints alſo (eſpecially towards the Top of the Branches) cometh forth a long Stalk bearing many whitiſh Flowers together on a long Tuft, conſiſting of five ſmall Leaves apiece, laid open like a Star, after which come the Berries ſeparated one from another, more than a Cluſter*

Cluſter of Grapes, green at the firſt, and very red when they are thorough ripe, of no good Scent, but of a moſt loathſome Taſte, provoking Vomit. The Root groweth to be exceeding great, with many long Twines or Branches going from it, of a pale whitiſh Colour on the outſide, and more white within, and of a ſharp, bitter, loathſome Taſte.

Place.] It groweth on Banks, or under Hedges, through this Land; the Roots lie very deep.

Time.] It flowereth in *July* and *Auguſt*, ſome earlier, and ſome later than the other.

Government and Virtues.] They are furious Martial Plants; The Root of Briony purges the Belly, with great Violence, troubling the Stomach and burning the Liver, and therefore not raſhly to be taken; but being corrected, is very profitable for the Diſeaſes of the Head, as Failing-ſickneſs, Giddineſs, and Swimmings, by drawing away much Phlegm and Rheumatick Humours that oppreſs the Head, as alſo the Joint and Sinews; and is therefore good for Palſies, Convulſions, Cramps and Stitches in the Sides, and the Dropſy, and in provoking Urine, it cleanſeth the Reins and Kidneys from Gravel and Stone, by opening the Obſtructions of the Spleen, and conſumeth the hardneſs and ſwelling thereof. The Decoction of the Root in Wine drunk once a Week at going to Bed, cleanſeth the Mother, and helpeth the riſing thereof, expelleth the dead Child for fear of Abortion; a Dram of the Root in Powder taken in White-wine bringeth down their Courſes. An Electuary made of the Roots and Honey, doth mightily cleanſe the Cheſt of rotten Phlegm, and wonderfully help any old ſtrong Cough, that are troubled with ſhortneſs of Breath, and is very good for them that are bruiſed inwardly, to help to expel the clotted or congealed Blood. The Leaves, Fruit and Root, do cleanſe old and filty Sores, and good againſt all fretting and running Cankers, Gangreens, and Tetters, and therefore the Berries are

Falling-ſickneſs, Vertigo, Phlegm, Palſy, Convulſions, Cramps, Stitches, Dropſies, Gravel, Stone, Obſtructions, Womb, Mother, dead Child, After-birth, Cough, Shortneſs of Breath, Sores, Cankers, Gangreens, Tetters, Ring-Worms, black Spots, Freckles, Morphew, Leproſy, broken Bones, Splinters, Thorn, Whitelows, or Nail Wheals, or Andicons.

are by ſome Country People called Tetter-berries. The Root cleanſeth the Skin wonderfully from all black and blue Spots, Freckles, Morphew, Leproſy, foul Scars, or other Deformity whatſoever: As alſo all running Scabs and Mangineſs are healed by the Powder of the dried Root, or the Juice thereof, but eſpecially by the fine white hardned Juice. The diſtilled Water of the Root worketh the ſame Effects, but more weakly; the Root bruiſed and applied of itſelf to any Place where the Bones are broken, helpeth to draw them forth, as alſo Splinters and Thorns in the Fleſh; and being applied with a little Wine mixed therewith, it breaketh Boils, and helpeth Whitelows on the Joints.

For all theſe latter, beginning at Sores, Cankers, *&c.* apply it outwardly, and take my Advice along with you: You will find in my *Tranſlation of the* London *Diſpenſatory*, among the Preparations at the latter End, a Medicine called *Fæcula Brionia*, take that and uſe it, you have the Way there how to make it, and mix it with a little Hogs Greaſe, or other convenient Ointment, and uſe it at your need.

As for the former Diſeaſes, where it muſt be taken inwardly, it purgeth very violently, and needs an abler Hand to correct it than moſt Country People have; therefore it is a better Way for them in my Opinion to let the Simple alone, and take the compounded Water of it mentioned in my *Diſpenſatory*, and that is far more ſafe, being wiſely corrected.

Brook-lime, *or* Water-Pimpernel.

Deſcript.] *THIS ſendeth forth, from a creeping Root that ſhooteth forth Strings at every Joint, as it runneth, divers and ſundry green Stalks, round and ſappy, with ſome Branches on them, ſomewhat broad, round, deep green, and thick Leaves ſet by Couples thereon; from the Bottom whereof ſhoot forth long Foot Stalks, with ſundry ſmall blue Flowers on them, that conſiſt of five ſmall round-pointed Leaves a-piece.*

There is another Sort nothing differing from the former, but that it is greater, and the Flowers of a paler green Colour.

Place.] They grow in ſmall ſtanding Waters, and uſually near Water-creſſes.

Time.]

Time.] And flower in *June* and *July*, giving Seed the next Month after.

Government and Virtues.] It is a hot and biting Martial Plant. Brook-lime and Water-creſſes are generally uſed together in Diet-drink, with other things ſerving to purge the Blood and Body from all ill Humours that would deſtroy Health, and are helpful to the Scurvy. They do all provoke Urine, and help to break the Stone, and paſs it away; they procure Womens Courſes, and expel the dead Child. Being fried with Butter and Vinegar, and applied warm, it helpeth all Manner of Tumours, or Swellings, and Inflammations.

Blood, purgeth ill Humours, Scurvy, Dyſury, Stone, Terms provokes, dead Child, Swellings, Inflammations.

Such Drinks ought to be made of ſundry Herbs, according to the Malady Offering, I ſhall give a plain and eaſy Rule at the latter End of this Book.

Butchers-Broom.

IT is called *Ruſcus*, and *Bruſcus*, *Knee-holm*, *Knee-holy*, *Knee-hulver*, and *Pettigree*.

Deſcript.] The firſt Shoots that ſprout from the Root of Butchers-Broom, are thick, whitiſh, and ſhort, ſomewhat like thoſe of *Aſparagus*, but greater; they riſing up to be a Foot and half high, are ſpread into divers Branches, green, and ſomewhat creſted with the roundneſs, tough and flexible, whereon are ſet ſomewhat broad and almoſt round hard Leaves, and prickly, pointed at the End, of a dark green Colour, two for the moſt part ſet at a Place, very cloſe and near together; about the Middle of the Leaf, on the Back and lower Side from the middle Rib, breaketh forth a ſmall whitiſh green Flower, conſiſting of four ſmall round-pointed Leaves, ſtanding upon little or no Foot-ſtalk, and in the Place whereof cometh a ſmall round Berry, green at the firſt, and red when it is ripe, wherein are two or three white, hard, round Seeds contained. The Root is thick, white, and great at the Head, and from thence ſendeth forth divers thick, white, long, tough Strings.

Place.] It groweth in Copſes, and upon Heaths and waſte Grounds, and oftentimes under or near the Holly Buſhes.

Time.]

Time.] It ſhooteth forth its young Buds in the Spring, and the Berries are ripe about *September*, the Branches of Leaves abiding green all the Winter.

Government and Virtue.] 'Tis a Plant of *Mars*, being of a gallant cleanſing and opening Quality. The Decoction of the Root made with Wine, openeth Obſtruction, provoketh Urine helpeth to expel Gravel and the Stone, the Strangury and Womens Courſes, as alſo the Yellow Jaundice, and the Head-ach: And with ſome Honey or Sugar put thereunto, cleanſeth the Breaſt of Phlegm, and the Cheſt of ſuch clammy Humours gathered therein. The Decoction of the Root drank, and a Poultice made of the Berries and Leaves being applied, are effectual in knitting and conſolidating broken Bones or Parts out of Joint. The common Way of uſing it, is to boil the Roots of it, and Parſley and Fennel, and Smallage in White-wine, and drink the Decoction, adding the like Quantity of Graſs-root to them: The more of the Roots you boil, the ſtronger will the Decoction be; it works no ill Effects, yet I hope you have Wit enough to give the ſtrongeſt Decoction to the ſtrongeſt Bodies.

Obſtructions, Dyſury, Gravel, Stone, Strangury, Terms provokes, Yellow Jaundice, Head-ach, Phlegm, broken Bones, Diſlocations.

Broom, *and* Broom-rape.

TO ſpend Time in writing a Deſcription hereof, is altogether needleſs, it being ſo generally uſed by all the good Houſewives almoſt through this Land to ſweep their Houſes with, and therefore very well known to all ſorts of People.

The Broom-rape ſpringeth up on many Places from the Roots of the Broom (but more often in Fields, as by Hedgeſides, and on Heaths). The Stalk whereof is of the bigneſs of a Finger or Thumb; above two Foot high, having a ſhew of Leaves on them, and many Flowers at the Top, of a reddiſh yellow Colour, as alſo the Stalks and Leaves are.

Place.] They grow in many Places of this Land commonly, and as commonly ſpoil all the Land they grow in;

Time.] And flower in the Summer Months, and give their Seed before Winter.

Govern-

Government and Virtues.] The Juice or Decoction of the young Branches, or Seed, or the Powder of the Seed taken in Drink, purgeth downwards, and draweth phlegmatick and watry Humours from the Joints, whereby it helpeth the Dropſy, Gout, Sciatica, and Pains in the Hips and Joints; it alſo provoketh ſtrong Vomits, and helpeth the Pains of the Sides, and ſwelling of the Spleen, cleanſeth alſo the Reins or Kidneys and Bladder of the Stone, provoketh Urine abundantly, and hindreth the growing again of the Stone in the Body. The continual uſe of the Powder of the Leaves and Seed doth cure the black Jaundice. The diſtilled Water of the Flowers is profitable for all the ſame Purpoſes; it alſo helpeth Surfeits, and altereth the Fits of Agues, if three or four Ounces thereof, with as much of the Water of the leſſer Centaury, and a little Sugar put therein, be taken a little before the Fit cometh, and the Party be laid down to ſweat in his Bed. The Oil or Water that is drawn from the end of the green Sticks heated in the Fire, helpeth the Tooth-ach. The Juice of young Branches made into a Ointment of old Hog's Greaſe, and anointed, or the young Branches bruiſed and heated in Oil or Hog's Greaſe, and laid to the Sides pained by Wind, as in Stitches, or the Spleen, eaſeth them in once or twice uſing it. The ſame boiled in Oil is the ſafeſt and ſureſt Medicine to kill Lice in the Head or Body of any; and is an eſpecial Remedy for Joint-aches, and ſwollen Knees, that come by the falling down of Humours.

Phlegm, Joints, Dropſy, Sides, Spleen, Bladder, Kidneys, Stone, Dyſury.

Black Jaundice, Agues, Tooth-ach, Wind, Lice, Stitches.

The Broom-rape *alſo is not without its Virtues.*

The Decoction thereof in Wine, is thought to be as effectual to void the Stone in the Kidneys and Bladder, and to provoke Urine, as the Broom itſelf. The Juice thereof is a ſingular good Help to cure as well green Wounds, as old and filthy Sores and malignant Ulcers. The infolate Oil, wherein there hath been three or four Repetitions of Infuſion of the top Stalks, with Flowers ſtrained and cleared, cleanſeth the Skin from all manner of Spots, Marks, and Freckles that riſe either by the heat of

Stone, Dyſury, Green Wounds.

of the Sun, or the Malignity of Humours. As for the Broom and Broom-rape, *Mars* owns them, and is exceeding prejudical to the Liver; I ſuppoſe by reaſon of the Antipathy between *Jupiter* and *Mars*, therefore if the Liver be diſaffected, miniſter none of it.

Bucks-horn Plantain.

Deſcript.] *THIS being ſown of Seed, raiſeth up at firſt with ſmall, long, narrow, hairy, dark green Leaves like Graſs, without any diviſion or gaſh in them, but thoſe that follow are gaſhed in on both ſides the Leaves into three or four Gaſhes, and pointed at the Ends, reſembling the Knags of a Bucks-horn, (whereof it took its Name) and being well ground round about the Root upon the Ground, or order one by another, thereby reſembling the form of a Star; from among which riſe up divers hairy Stalks about a Hand's breadth high, bearing every one a ſmall, long, ſpiky Head like to thoſe of the common Plantain, having ſuch like Bloomings and Seed after them. The Root is ſingle, long and ſmall, with divers Strings at it.*

Place.] They grow in ſandy Grounds, as in *Tothill-Fields* by *Weſtminſter*, and divers other Places of this Land.

Time.] They flower and ſeed in *May*, *June*, and *July*; and their green Leaves do in a Manner abide freſh all the Winter.

Government and Virtues.] It is under the Dominion of *Saturn*, and is of a gallant, drying and binding Quality. This boiled in Wine and drank, and ſome of the Leaves to the hurt Place, is an excellent Remedy for the biting of the Viper and Adder, which I take to be one and the ſame. The ſame being alſo drank, helpeth thoſe that are troubled with the Stone in the Reigns or Kidneys, by cooling the Heat of the Part afflicted, and ſtrengthning them. As alſo weak Stomachs that cannot retain, but caſt up their Meat. It layeth all Bleeding both at Mouth and Noſe; bloody Urine or the Bloody flux, and ſtoppeth the Laſk of the Belly and Bowels. The Leaves hereof bruiſed and laid to their Sides that have an Ague, ſuddenly eaſeth the Fit; and the Leaves and Roots being beaten with ſome Bay-Salt and applied to the Wriſts, worketh the ſame Effects. The Herb boiled in Ale, or Wine, and given for ſome Mornings and Evenings together

Venomous Beaſts, Stone, Stomach, Vomiting, Bleeding, piſſing Blood, Flux, Bloody-flux, Agues, Eyes.

together, ſtayeth the Diſtillation of hot and ſharp Rheums falling into the Eye from the Head, and helpeth all ſorts of ſore Eyes.

Bucks-Horn.

IT is called *Harts-Horn*, *Herba-ſtella*, and *Herba-ſtellaria*, *ſanguinaria*, *Herb-Eve*, and *Herb-Ivy*, and *Wort-Treſſis*, and *Swine-Creſſes*.

Deſcript.] They have many ſmall and weak ſtraggling Branches trailing here and there upon the Ground: The Leaves are many, ſmall, and jagged, not much unlike to thoſe of Bucks-Horn Plantain, but much ſmaller, and not ſo hairy. The Flowers grow among the Leaves in ſmall, rough whitiſh Cluſters: The Seeds are ſmaller and browniſh, of a bitter Taſte.

Place.] They grow in dry, barren, ſandy Grounds.

Time.] They flower and ſeed when the reſt of the Plantains do.

Government and Virtues.] This is alſo under the Dominion of *Saturn*; the Virtues are held to be the ſame as Bucks-Horn Plantain, and therefore by all Authors, it is joined with it; Leaves being bruiſed and applied to the Place, ſtops Bleeding; the Herb bruiſed and applied to Warts, will make them conſume and waſte away in a ſhort time.

Bleeding, Warts.

Bugle.

BEſides the Name *Bugle*, it is called *Middle Confound* and *Middle-Comfry*, *Brown Bugle*, and of ſome *Sickle-Wort*, and *Herb-Carpenter*; though in *Eſſex* we call another Herb by that Name.

Deſcript.] *This hath larger Leaves than thoſe of the Self-heal, but elſe of the ſame faſhion, or rather longer, in ſome green on the upper Side, and in others more browniſh, dented about the Edges, ſomewhat hairy, as the ſquare-ſtalk is alſo, which riſeth up to be half a Yard high ſometimes, with the Leaves ſet by Couples, from the Middle almoſt whereof upwards ſtand the Flowers, together with many ſmaller and browner Leaves than the reſt, on the Stalk below ſet at diſtance, and the Stalk bare between them; among which Flowers are alſo ſmall ones of a blueiſh and ſometimes of an Aſh-colour, faſhioned like the Flowers of Ground-Ivy, after which come ſmall, round blackiſh Seed. The Root is compoſed of many Strings, and ſpreadeth upon the Ground in divers Parts round about.*

The

The white flowered Bugle *differeth not in Form or Greatnefs from the former, faving that the Leaves and Stalks are always green, and never brown like the other, and the Flowers thereof are white.*

Place.] They grow in Woods, and Copfes, and Fields, generally throughout *England*, but the white flowered *Bugle* is not fo plentiful as the former.

Time.] They flower from *May* until *July*, and in the mean time perfect their Seed. The Roots and Leaves next thereunto upon the Ground abiding all the Winter.

Government and Virtues.] This Herb belongeth to Dame *Venus*: If the Virtues of it make you in love with it (as they will if you be wife) keep a Syrup of it to take inwardly, and an Ointment and Plaifter of it to ufe outwardly, always by you.

The Decoction of the Leaves and Flowers made in Wine, and taken, diffolveth the congealed Blood in thofe that are bruifed inwardly by a Fall, or otherwife, and is very effectual for any inward Wounds, Thrufts or Stabs in the Body or Bowels: And is an efpecial Help in all Wound-drinks, and for thofe that are Liver-grown (as they call it). It is wonderful in curing all manner of Ulcers and Sores, whether new and frefh, or old and inveterate; yea, Gangrenes and Fiftula's alfo, if the Leaves bruifed and applied, or their Juice be ufed to wafh and bathe the Place, and the fame made into a Lotion, and fome Honey and Alum, cureth all Sores in the Mouth and Gums, be they never fo foul, or of long Continuance; and worketh no lefs powerfully and effectually for fuch Ulcers and Sores as happen in the Secret Parts of Men and Women. Being alfo taken inwardly, or outwardly applied, it helpeth thofe that have broken any Bone, or have any Member out of Joint. An Ointment made with the Leaves of *Bugle*, Scabious and Sanicle bruifed and boiled in Hog-greafe, until the Herbs be dry, and then ftrained forth into a Pot, for fuch Occafions as fhall require; it is fo fingular good for all Sorts of Hurts in the Body, that none that know its Ufefulnefs will be without it.

Bruifes, Falls, Scabs, Wounds, Ulcers, Liver-grown, Fiftula, Gangrene, fore Mouths, Gums, fore Secret Parts, broken Bones.

The Truth is, I have known this Herb cure fome Diffeafes of *Saturn*, of which I thought good to quote one. Many

times fuch as give themfelves much to drinking are troubled with ftrange Fancies, ftrange Sights in the Night-time, and fome with Voices, as alfo with the Difeafe *Ephialtes*, or the *Mare*. I take the Reafon of this to be (according to *Fernelius*) a melancholy Vapour made thin by exceffive drinking ftrong Liquor, and fo flies up and difturbs the Fancy, and breeds Imaginations like itfelf, *viz.* fearful and troublefome. Thefe I have known cured by taking only two Spoonfuls of the Syrup of this Herb, after Supper two Hours, when you go to Bed. But whether this does it by Sympathy or Antipathy, is fome Doubt in Aftrology. I know there is a great Antipathy between *Saturn* and *Venus* in Matter of Procreation; yea, fuch a one, that the Barrenneſs of *Saturn* can be removed by none but *Venus*; nor the Luft of *Venus* be repelled by none but *Saturn*; but I am not of Opinion this is done this Way, and my Reafon is, becaufe thefe Vapours, though in Quality melancholy, yet by their flying upward, feem to be fomething Aerial; therefore I rather think it is done by Sympathy; *Saturn* being exalted in *Libra*, in the Houfe of *Venus*.

Night-mare, ftrange Sights in the Nights.

Burnet.

IT is alfo called *Sanguiforbia*, *Pimpinella*, *Bipula Solbegrella*, &c. The common Garden *Burnet* is fo well known, that it needeth no Defcription. There is another Sort which is wild, the Defcription whereof take as followeth.

Defcript.] The great wild Burnet hath winged Leaves rifing from the Roots like the Garden Burnet, but not fo many; yet each of thefe Leaves are at the leaft twice as large as the other, and nicked in the fame manner about the Edges, of a greyifh Colour on the Under-fide; the Stalks are greater, and rife higher, with many fuch like Leaves fet thereon, and greater Heads at the Top, of a browniſh Colour, and out of them come fmall dark purple Flowers like the former, but greater. The Root is black and long like the other, but great alfo: It hath almoft neither Scent nor Taſte, therein like the Garden Kind.

Place.] The firft grows frequently in Gardens. The wild kind groweth in divers Counties of this Land, efpecially in *Huntington* and *Northampton-fhires*, in the Meadows there: as alfo near *London*, by *Pancras* Church, and by a Cauſey-fide in the Middle of a Field by *Paddington*.

Time.]

Time.] They flower about the End of *June*, and Beginning of *July*, and their Seed is ripe in *August*.

Government and Virtues.] This is an Herb the *Sun* challengeth Dominion over, and is a most precious Herb, little inferior to Betony: The continual use of it preserves the Body in Health, and the Spirit in Vigour; for if the *Sun* be the Preserver of Life under God, his Herbs are the best in the World to do it by. They are accounted to be both of one Property, but the lesser is more effectual because quicker and more Aromatical: It is a Friend to the Heart, Liver, and other principal Parts of a Man's Body. Two or three of the Stalks, with Leaves put into a Cup of Wine, especially Claret, are known to quicken the Spirits, refresh and clear the Heart, and drive away Melancholy: It is a special help to defend the Heart from noisom Vapours, and from Infection of the *Pestilence*; the Juice thereof being taken in some drink, and the Party laid to sweat thereupon. They have also a drying and an astringent Quality, whereby they are available in all manner of Fluxes of Blood or Humours, to stanch Bleedings inward or outward, Lasks, Scourings, the Bloody-flux, Womens too abundant Flux of Courses, the Whites, and the Cholerick Belchings and Castings of the Stomach; and is a singular Wound Herb for all sorts of Wounds, both of the Head and Body, either inward or outward; for all old Ulcers, running Cankers and most Sores, to be used either by the Juice or Decoction of the Herb; or by the Powder of the Herb or Root, or the Water of the distilled Herb or Ointment by it self, or with other things to be kept. The Seed is also no less effectual both to stop Fluxes and dry up moist Sores, being taken in Powder inwardly in Wine, or Steeled Water, that wherein hot Gads of Steel have been quenched; or the Powder, or the Seed, mixed with the Ointments.

Heart, Liver, Melancholy, Pestilence, Epidemical Diseases, Bleeding, stoppeth Terms and Whites, Belching, Vomiting, Wounds, Ulcers, Cankers, Sores, Fluxes.

The Butter-Bur, *or* Petasitis.

Descript.] THIS riseth up in *February*, with a thick Stalk about a foot high, whereon are set a few small Leaves, or rather Pieces, and at the Tops a long spiked Head;

Flowers of a bluſh or deep red Colour, according to the Soil where it groweth, and before the Stalk with the Flowers have abiden a Month above Ground, it will be withered and gone, and blown away with the Wind and the Leaves will begin to ſpring, which being full grown, are very large and broad, being ſomewhat thin and almoſt round, whoſe thick red Foot-ſtalks above a Foot long ſtand towards the Middle of the Leaves. The lower Part being divided into two round Parts, cloſe almoſt one to another, and are of a pale green Colour; and hairy underneath. The Root is long, and ſpreading under Ground, being in ſome Places no bigger than ones Finger, in others much bigger, blackiſh on the outſide and whitiſh within, of a bitter and unpleaſant Taſte.

Place and Time.] They grow in low and wet Grounds by Rivers and Water-ſides. Their Flower (as is ſaid) riſing and decaying in *February* and *March*, before their Leaves, which appear in *April*.

Government and Virtues.] It is under the Dominion of the *Sun*, and therefore is a great Stengthener of the Heart, and Chearer of the vital Spirits. The Roots thereof are by long Experience found to be very available againſt the Plague and Peſtilential Fevers by provoking Sweat; if the Powder thereof be taken in Wine, it alſo reſiſteth the force of any other Poiſon. The Root hereof taken with Zedoary and Angelica, or without them, helps the riſing of the Mother. The Decoction of the Root in Wine, is ſingular good for thoſe that wheeſe much, or are ſhort winded. It provoketh Urine alſo, and Women's Courſes, and killeth the flat and broad Worms in the Belly. The Powder of the Root doth wonderfully help to dry up the Moiſture of the Sores that are hard to be cured, and taketh away all Spots and Blemiſhes of the Skin. It were well if Gentlewomen would keep this Root preſerved, to help their poor Neighbours. *It is fit the Rich ſhould help the Poor for the Poor cannot help themſelves.*

Plague, Epidemical Diſeaſe, Poiſon, Mother, Wheeſing, Difficulty of Breathing, Dyſury, Terms provoked, Flat and broad Worms, Blemiſhes of the Skin.

The Burdock.

THEY are alſo called *Perſonata*, and *Lappa major*, great *Burdock* and *Clod-bur*, it is ſo well known, even to the little Boys, who pull off the Burs to throw and ſtick up

upon one another, that I ſhall ſpare to write any Deſcription of it.

Place.] They grow plentifully by Ditches and Water-ſides, and by the Highways almoſt every where thro' this Land.

Government and Virtues.] *Venus* challengeth this Herb for her own, and by its Leaf or Seed you may draw the Womb which Way you pleaſe, either upwards by applying it to the Crown of the Head, in caſe it falls out; or downwards in Fits of the Mother, by applying it to the Soles of the Feet; or if you would ſtay it in its Place, apply it to the Navel, and that is one good way to ſtay the child in it. See more of it in my *Guide for Women.* The Burdock Leaves are cooling, moderately drying, and diſcuſſing withal, whereby it is good for old Ulcers and Sores. A Drachm of the Roots taken with Pine-Kernels, helpeth them that ſpit foul, mattery, and bloody Phlegm. The Leaves applied on the Places troubled with the ſhrinking of the Sinews or Arteries, give much Eaſe. The Juice of the Leaves, or rather the Roots themſelves, given to drink with old Wine, doth wonderfully help the Biting of any Serpents: And the Root beaten with a little Salt, and laid on the Place, ſuddenly eaſeth the Pain thereof, and helpeth thoſe that are bit by a mad Dog. The Juice of the Leaves being drunk with Honey, provoketh Urine, and remedieth the Pain of the Bladder. The Seed being drunk in Wine forty Days together, doth wonderfully help the Sciatica. The Leaves bruiſed with the White of an Egg, and applied to any Place burnt with Fire, taketh out the Fire, gives ſudden Eaſe, and heals it up afterwards. The Decoction of them fomented on any fretting Sore or Canker, ſtayeth the corroding Quality, which muſt be afterwards anointed with an Ointment made of the ſame Liquor, Hogs-greaſe, Nitre and Vinegar boiled together. The Roots may be preſerved with Sugar, and taken faſting, or at other Times, for the ſaid Purpoſes, and for Conſumptions, the Stone, and the Laſk. The Seed is much commended to break the Stone, and cauſe it to be expelled by Urine, and is often uſed with other Seeds and Things to that Purpoſe.

Cools, dries Ulcers, Sores, Phlegm, Sinews, Arteries, Venomous Beaſts, mad Dogs, Dyſury, Bladder, Sciatica, Burning, Sores, Cankers, Conſumptions, Stone, Flux.

Cabbages *and* Coleworts.

I Shall ſpare a Labour in writing a Deſcription of theſe, ſince almoſt every one that can but write at all, may deſcribe them from his own Knowledge, they being generally ſo well known, that Deſcriptions are altogether needleſs.

Place.] They are generally planted in Gardens.

Time.] Their flowering Time is towards the Middle or End of *July*, and the Seed is ripe in *Auguſt*.

Government and Virtues.] The Cabbages or Coleworts bo led gently in Broth, and eaten, do open the Body, but the ſecond Decoction doth bind the Body. The Juice thereof drunk in Wine, helpeth thoſe that are bitten by an Adder, and the Decoction of the Flowers bringeth down Womens Courſes: Being taken with Honey, it recovereth Hoarſeneſs, or Loſs of the Voice. The often eating of them well boiled, helpeth thoſe that are entering into a Conſumption. The Pulp of the middle Ribs of Coleworts boiled in Almond Milk, and made up into an Electuary with Honey, being taken often, is very profitable for thoſe that are purſy and ſhort-winded. Being boiled twice, an old Cock boiled in the Broth and drunk, it helpeth the Pains, and the Obſtructions of the Liver and Spleen, and the Stone in the Kidneys. The Juice boiled with Honey, and dropped into the Corner of the Eyes, cleareth the Sight, by conſuming any Film or Cloud beginning to dim it; it alſo conſumeth the Canker growing therein. They are much commended, being eaten before Meat to keep one from ſurfeiting, as alſo from being drunk with too much Wine, or quickly make a Man ſober again that is drunk before. For (as they ſay) there is ſuch an Antipathy or Enmity between the Vine and the Coleworts, that the one will die where the other groweth. The Decoction of Coleworts taketh away the Pain and Ach, and allayeth the Swellings of Sores and Gouty Legs and Knees, wherein many groſs and watry Humours are fallen, the Place being bathed therewith warm. It helpeth alſo old and filthy Sores, being bathed

Venomous Beaſts, Terms provokes, Hoarſeneſs.

Conſumption, Stone, Obſtructions, Stitch, Canker, Swellings, Surfeits, Gout, Sores, Scabs, Wheals, Melancholy, Wind.

bathed therewith, and healeth all ſmall Scabs, Puſhes, and Wheals, that break out in the Skin. The Aſhes of Colewort Stalks mixed with old Hogs greaſe, are very effectual to anoint the Sides of thoſe that had long Pains therein, or any other Place pained with Melancholy, and windy Humours. This was ſurely *Chryſippus*'s God, and therefore he wrote a whole Volume of them and their Virtues, and that none of the leaſt neither, for he would be no ſmall Fool: He appropiates them to every Part of the Body, and to every Diſeaſe in every Part; And honeſt old *Cato* (they ſay) uſed no other Phyſick. I know not what Metals their Bodies were made of; this I am ſure, Cabbages are extream windy, whether you take them at Meat or as Medicine; yea, as windy Meat as can be eaten, unleſs you eat Bag-pipes or Bellows, and they are but ſeldom eaten in our Days; and Colewort-Flowers are ſomething more tolerable, and the wholeſomer Food of the two. The *Moon* challengeth the Dominion of the Herb.

The Sea-Coleworts.

Deſcript.] *THIS hath divers ſomewhat long and broad, large, and thick wrinked Leaves, ſomewhat crumpled about the Edges, and growing each upon a thick Foot-ſtalk, very brittle, of a greyiſh green Colour, from among which riſeth up a ſtrong thick Stalk, two Foot high, and better, with ſome Leaves thereon to the Top, where it branches forth much; and on every Branch, ſtandeth a large Buſh of pale whitiſh Flowers, conſiſting of four Leaves a-piece: The Root is ſomewhat great, ſhooteth forth many Branches under Ground, keeping the Leaves green all the Winter.*

Place.] They grow in many Places upon the Sea-coaſts, as well on the *Kintiſh* as *Eſſex* Shores; as at *Lid* in *Kent*, *Colcheſter* in *Eſſex*, and divers other Places, and in other Counties of this Land.

Time.] They flower and ſeed about the Time that other Kinds do.

Government and Virtues.] The *Moon* claims the Dominion of theſe alſo. The Broth, or firſt Decoction of the Sea-Colewort, doth by the ſharp, nitrous, and bitter Qualities therein, open the Belly, and purge the Body; it cleanſeth

Sores, Wounds, Ulcers, Swellings, Inflammations.

and digeſts more powerfully than the other Kind: The Seed hereof bruiſed and drunk killeth Worms. The Leaves or the Juice of them applied to Sores or Ulcers, cleanſeth and healeth them, and diſſolveth Swellings, and taketh away Inflammations.

Calamint, *or* Mountain-Mint.

Deſcript.] *THIS is a ſmall Herb, ſeldom riſing above a Foot high, with ſquare hairy, and woody Stalks, and two ſmall hoary Leaves ſet at a Joint, about the Bigneſs of Marjoram, or not much higher, a little dented about the Edges, and of a very fierce or quick Scent, as the whole Herb is: The Flowers ſtand at ſeveral Spaces of the Stalks, from the Middle almoſt upwards, which are ſmall and gaping like to thoſe of Mints, and of a pale bluſh Colour: After which follow ſmall, round blackiſh Seed. The Root is ſmall and woody, with divers ſmall Strings ſpreading within the Ground, and dieth not, but abideth many Years.*

Place.] It groweth on Heaths, and Upland, and dry Grounds in many Places of this Land.

Time.] They flower in *July*, and their Seed is ripe quickly after.

Government and Virtues.] It is an Herb of *Mercury*, and a ſtrong one too, therefore excellent good in all Afflictions of the Brain; the Decoction of the Herb being drunk, bringeth down Women's Courſes, and provoketh Urine. It is profitable for thoſe that are Burſten, or troubled with Convulſions or Cramps, with Shortneſs of Breath, or Cholerick Torments and Pains in their Bellies or Stomach; it alſo helpeth the Yellow Jaundice, and ſtayeth Vomiting, being taken in Wine: Taken with Salt and Honey, it killeth all manner of Worms in the Body. It helpeth ſuch as have the Leproſy, either taken inwardly, drinking Whey after it, or the green Herb outwardly applied. It hindreth Conception in Women, but either burned or ſtrewed

Terms provokes, Dyſury, Ruptures, Convulſions, Cramps, Shortneſs of Breath, Jaundice, Vomiting, Worms, Leproſy, Serpents, black and blue Marks, Scars, Sciatica, Obſtructions of the Liver and Spleen, Tertian Agues.

ftrewed in the Chamber, it driveth away venomous Serpents. It takes away black and blue Marks in the Face, and maketh black Scars become well-coloured, if the green Herb (not the dry) be boiled in Wine, and laid to the Place, or the Place wafhed therewith. Being applied to the Huckle-bone, by Continuance of Time, it fpends the Humours, which caufe the Pain of the Sciatica. The Juice being dropped into the Ears, killeth the Worms in them. The Leaves boiled in Wine, and drunk, provoke Sweat, and open Obftructions of the Liver and Speen. It helpeth them that have a Tertian Ague (the Body being firft purged) by taking away the cold Fits. The Decoction hereof, with fome Sugar put thereto afterwards, is very profitable for thofe that be troubled with the overflowing of the Gall, and that have an old Cough, and that are fcarce able to breathe by Shortnefs of their Wind; that have any cold Diftemper in their Bowels, and are troubled with the Hardnefs of the Spleen, for all which Purpofes, both the Powder, called *Diacaluminthes*, and the compound Syrup of Calamint (which are to be had at the Apothecaries) are moft effectual. Let not Women be too bufy with it, for it works very violent upon the Feminine Part.

Gall, Cough, Bowels, Spleen.

Camomile.

IT is fo well known every where, that it is but loft Time and Labour to defcribe it. The Virtues thereof are as followeth.

A Decoction made of Camomile, and drunk, taketh away all Pains and Stitches in the Side.

The Flowers of Camomile beaten, and made up into Balls with Oil, drive away all Sorts of Agues, if the Part grieved be anointed with that Oil, taken from the Flowers, from the Crown of the Head to the Sole of the Foot, and afterwards laid to fweat in his Bed, and that he fweats well. This is *Nicheffor* an *Egyptian*'s Medicine. It is profitable for all Sorts of Agues that come either from Phlegm or Melancholy, or from an Inflammation of the Bowels,

Stitches in the Side, Agues, Liver, Spleen, Wearinefs, Sinews, Swellings, Cholick, Stone, Belly-ach, Cold, Achs, Jaundice, Dropfy, Brain, Cramp.

being applied when the Humours cauſing them ſhall be concocted; and there is nothing more profitable to the Sides and Region of the Liver and Spleen than it. The Bathing with a Decoction of Camomile taketh away Wearineſs, eaſeth Pains, to what Part of the Body ſoever they be applied. It comforteth the Sinews that are over-ſtrained, mollifieth all Swellings; it moderately comforteth all Parts that have need of Warmth, digeſteth and diſſolveth whatſoever hath need thereof, by a wonderful ſpeedy Property. It eaſeth all the Pains of the Cholick and Stone, and all Pains and Torments of the Belly, and gently provoketh Urine. The Flowers boiled in Poſſet-Drink provoke Sweat, and help to expel all Colds, Aches and Pains whatſoever, and is an excellent Help to bring down Womens Courſes. Syrup made of the Juice of Camomile, with the Flowers in White Wine, is a Remedy againſt the Jaundice and Dropſy. The Flowers boiled in Lee, are good to waſh the Head, and comfort both it and the Brain. The Oil made of the Flowers of Camomile, is much uſed againſt all hard Swellings, Pains or Aches, ſhrinking of the Sinews, or Cramps, or Pains in the Joints, or any other Part of the Body. Being uſed in Glyſters, it helps to diſſolve Wind and Pains in the Belly; anointed alſo, it helpeth Stitches and Pains in the Sides.

Nicheſſor ſaith the *Egyptians* dedicated it to the *Sun*, becauſe it cured Agues, and they were like enough to do it, for they were the arranteſt Apes in their Religion as ever I read of. *Bachinus*, *Bena*, and *Lobel*, commend the Syrup made of the Juice of it and Sugar, taken inwardly to be excellent for the Spleen. Alſo this is certain, that it moſt wonderfully breaks the Stone: Some take it in Syrup or Decoction, others inject the Juice of it into the Bladder with a Syringe. My Opinion is, that the Salt of it taken half a Drachm in the Morning in a little White or Rheniſh Wine, is better than either; that it is excellent for the Stone, appears in this which I have ſeen tried, *viz.* That a Stone that hath been taken out of the Body of a Man, being wrapped in Camomile, will in time diſſolve, and in a little Time too.

Water

Water-Caltrops.

THEY are called alſo *Tribulus Aquatious, Tribulus Lacuſcris*, and *Tribulus Marinus, Caltrops, Saligos, Water Nuts*, and *Water Cheſnuts.*

Deſcript.] *As for the greater Sort of* Water-Caltrop, *it is not found here or very rarely. Two other Sorts there are which I ſhall here deſcribe. The firſt hath a long creeping and jointed Root, ſending forth Tufts at each Joint, from which Joints ariſe long, flat, ſlender knoted Stalks, even to the Top of the Water, divided towards the Top into many Branches, each carrying two Leaves on both Sides, being about two Inches long, and half an Inch broad, thin and almoſt tranſparent, they look as tho' they were torn; the Flowers are long, thick and whitiſh, ſet together almoſt like a bunch of Grapes, which being gone there ſucceeds for the moſt part ſharp pointed Grains altogether, containing a ſmall white Kernel in them.*

The ſecond differs not much from this, ſave that it delights in more clear Water; its Stalks are not flat, but round; its Leaves are not ſo long, but more pointed: As for the Place, we need not determine, for their Name ſheweth they grow in the Water.

Government and Virtues.] They are under the Dominion of the *Moon*, and being made into a Poultice, are excellent good for hot Inflammations and Swellings, Cankers, ſore Mouths, and Throats; being waſhed with the Decoction, it cleanſeth and ſtrengtheneth the Neck and Throat much, and helps thoſe Swellings which when People have, they ſay the Almonds of the Ears are fallen down, it is excellent good for the Rankneſs of the Gums, a ſafe and preſent Remedy for the King's-Evil; they are excellent good for the Stone and Gravel, eſpecially the Nuts being dried; they alſo reſiſt Poiſon, and Bitings of Venomous Beaſts.

Inflammations, Cankers, Mouth, Throat, Gums, Almonds of the Ears, King's-Evil, Stone, Gravel, Venomous Beaſts, Poiſon.

Campion Wild.

Deſcript.] *THE Wild White Campion hath many long and ſomewhat broad dark green Leaves lying upon the Ground, and divers Ribs therein, ſomewhat like Plantain, but ſomewhat hairy, broader and not ſo long: The hairy Stalks riſe up in the Middle of them, three or four Foot high, and ſometimes*

ſometimes more, with divers great white Joints at ſeveral Places thereon, and two ſuch like Leaves thereat up to the Top, ſending forth Branches at ſeveral Joints alſo: All which bear on ſeveral Foot-ſtalks, white Flowers at the Tops of them, conſiſting of five broad pointed Leaves, every one cut in on the End unto the Middle, making them ſeem to be two apiece, ſmelling ſomewhat ſweet, and each of them ſtanding in a large green ſtriped hairy Huſk, large and round below next to the Stalk: The Seed is ſmall and greyiſh in the hard Heads that come up afterwards. The Root is white and long, ſpreading divers Fangs in the Ground.

The red wild Campion groweth in the ſame Manner as the white, but his Leaves are not ſo plainly ribbed, ſomewhat ſhorter, rounder, and more woolly in handling. The Flowers are of the ſame Form and Bigneſs; but in ſome of a pale, in others of a bright red Colour, cut in at the Ends more finely, which makes the Leaves ſeem more in Number than the other. The Seed and the Roots are alike, the Roots of both Sorts abiding many Years.

There are forty-five Kinds of Campion more, thoſe of them which are of a Phyſical Uſe, having the like Virtues with thoſe above deſcribed, which I take to be the two chiefeſt Kinds.

Place.] They grow commonly through this Land by Fields, and Hedges-ſides and Ditches.

Time.] They flower in Summer, ſome earlier than others, and ſome abiding longer than others.

Government and Virtues.] They belong unto *Saturn*; and it is found by Experience, that the Decoction of the Herb, either in white or red Wine being drank, doth ſtay inward Bleedings, and applied outwardly, it doth the like; and being drunk, helpeth to expel Urine being ſtopped, and Gravel and Stone in the Reins or Kidneys. Two Drachms of the Seed drunk in Wine, purgeth the Body of Cholerick Humours, and helpeth thoſe that are ſtung by Scorpions, or other Venomous Beaſts; and may be as effectual for the Plague. It is of a very good Uſe in old Sores, Ulcers, Cankers, Fiſtula's, and the like, to cleanſe and heat them, by conſuming the moiſt Humours falling into them, and correcting the Putrefaction of Humours offending them.

Bleedings inward and outward, Dyſury, Gravel, Choler, Venomous Beaſts, Plague, Sores, Ulcers, Cankers, Fiſtula's.

Carduus

Carduus Benedictus.

IT is called Carduus Benedictus, or bleſſed Thiſtle, or Holy Thiſtle; I ſuppoſe the Name was put upon it by ſome that had little Holineſs in themſelves.

I ſhall ſpare a Labour in writing a Deſcription of this, as almoſt every one that can but write at all, may deſcribe them from his own Knowledge.

Time.] They flower in *Auguſt*, and ſeed not long after.

Government and Virtues.] It is an Herb of *Mars*, and under the Sign *Aries*. Now in handling this Herb, I ſhall give you a rational Pattern of all the reſt; and if you pleaſe to view them throughout the Book, you ſhall, to your Content, find it true. It helps Swimmings and Giddineſs of the Head, or the Diſeaſe called Vertigo, becauſe *Aries* is in the Houſe of *Mars*. It is an excellent Remedy againſt the Yellow Jaundice, and other Infirmities of the Gall, becauſe *Mars* governs Choler. It ſtrengthens the attractive Faculty in Man, and clarifies the Blood, becauſe the one is ruled by *Mars*. The continual drinking the Decoction of it, helps red Face, Tetters, and Ring-Worms, becauſe *Mars* cauſeth them. It helps Plague Sores, Boils, and Itch, the Bitings of mad Dogs and Venomous Beaſts, all which Infirmities are under *Mars*; thus you ſee what it doth by Sympathy.

Vertigo, Yellow-Jaundice. Attractive Faculty, Tetters, Ring-worms, Plague Sores, Boils, Itch, mad Dogs, Venomous Beaſts, French Pox, ſtrengthens Memory, Quartan Agues, Deafneſs, Aduſt Choler, Urine.

By Antipathy to other Planets it cures the French Pox. By Antipathy to *Venus*, who governs it, it ſtrengthens the Memory, and cures Deafneſs by Antipathy to *Saturn*, who hath his Fall in *Aries*, which rules the Head. It cures Quartan Agues, and other Diſeaſes of Melancholy, and Aduſt Choler, by Sympathy to *Saturn*, *Mars* being exalted in *Capricorn*. Alſo it provokes Urine, the Stopping of which is uſually cauſed by *Mars* or the *Moon*.

Carrots.

GArden Carrots are ſo well known, that they need no Deſcription; but becauſe they are of leſs phyſical Uſe than the wild Kind (as indeed almoſt in all Herbs the Wild are moſt effectual in Phyſick, as being more powerful in Operation than the Garden Kinds) I ſhall therefore briefly deſcribe the wild Carrot.

Deſcript.] *It groweth in a Manner altogether like the Tame, but that the Leaves and Stalks are ſomewhat whiter and rougher. The Stalks bear large Tufts of white Flowers, with a deep purple Spot in the Middle, which are contracted together when the Seed begins to ripen, that the middle Part being hollow and low, and the outward Stalk riſing high, maketh the whole Umbel to ſhew like a Bird's Neſt. The Roots ſmall, long and hard, and unfit for Meat, being ſomewhat ſharp and ſtrong.*

Place.] The wild Kind groweth in divers Parts of this Land plentifully by the Field-ſides, and untilled Places.

Time.] They flower and ſeed in the End of Summer.

Government and Virtues.] Wild Carrots belong to *Mercury*, and therefore break Wind, and remove Stitches in the Sides, provoke Urine and Women's Courſes, and helpeth to break and expel the Stone; the Seed alſo of the ſame worketh the like Effect, and is good for the Dropſy, and thoſe whoſe Bellies are ſwollen with Wind; helpeth the Cholick, the Stone in the Kidneys, and Riſing of the Mother; being taken in Wine or boiled in Wine, and taken, it helpeth Conception. The Leaves being applied with Honey to running Sores or Ulcers, do cleanſe them.

Wind, Stitches, provokes Urine and the Terms, Stone, Dropſy, Cholick, Barrenneſs, Ulcers.

I ſuppoſe the Seeds of them perform this better than the Roots; and tho' *Galen* commended Garden Carrots highly to break Wind, yet Experience teacheth they breed it firſt, and we may thank Nature for expelling it, not they; the Seeds of them expel Wind indeed, and ſo mend what the Root marreth.

Carraway.

Deſcript.] *IT beareth divers Stalks of fine cut Leaves, lying upon the Ground, ſomewhat like to the Leaves of Carrots, but not buſhing ſo thick, of a little quick Taſte in them, from among which riſeth up a ſquare Stalk, not ſo high as the Carrot, at whoſe Joints are ſet the like Leaves, but ſmaller and fitter, and at the Top ſmall open Tufts, or Umbels of white Flowers, which turn into ſmall blackiſh Seed, ſmaller than the Anni-ſeed, and of a quicker and hotter Taſte. The Root is whitiſh, ſmall, and long, ſomewhat like unto a Parſnip, but with more wrinkled Bark, and much leſs, of a little hot and quick Taſte, and ſtronger than the Parſnip, and abideth after Seed-time.*

Place.] It is uſually ſown with us in Gardens.

Time.] They flower in *June* and *July*, and ſeed quickly after.

Government and Virtues.] This is alſo a Mercurial Plant. Carraway-ſeed hath a moderate ſharp Quality, whereby it breaketh Wind, and provoketh Urine, which alſo the Herb doth. The Root is better Food than the Parſnip; it is pleaſant and comfortable to the Stomach, and helpeth Digeſtion. The Seed is conducing to all cold Griefs of the Head and Stomach, Bowels, or Mother, as alſo the Wind in them, and helpeth to ſharpen the Eye-ſight. The Powder of the Seed put into a Poultice, taketh away black and blue Spots of Blows and Bruiſes. The Herb itſelf, or with ſome of the Seed bruiſed and fried, laid hot in a Bag or double Cloth, to the lower Parts of the Belly, eaſeth the Pains of the Wind Cholick.

Wind, Dyſury, Indigeſtion, Head, Stomach, Bowels, Mother, black and blue Spots, Bruiſes, Cholick.

The Roots of Carraways eaten as Men eat Parſnips, ſtrengthen the Stomachs of ancient People exceedingly, and they need not to make a whole Meal of them neither, and are fit to be planted in every Garden.

Carraway-Confects, once only dipped in Sugar, and half a Spoonful of them eaten in the Morning faſting, and as many after each Meal, is a moſt admirable Remedy for thoſe that are troubled with Wind.

Celan-

Celandine.

Defcript.] THIS hath divers tender round, whitifh green Stalks, with greater Joints than ordinary in other Herbs as it were Knees, very brittle and eafy to break, from whence grow Branches with large tender long Leaves, divided into many Parts, each of them cut in on the Edges, fet at the Joint on both Sides of the Branches, of a dark blueifh green Colour, on the upper Side like *Columbines*, and of a more pale blueifh green underneath, full of yellow Sap; when any Part is broken, of a bitter Tafte and ftrong Scent. At the Flowers of four Leaves a-piece, after which come fmall long Rods, with blackifh Seed therein. The Root is fomewhat great at the Head, fhooting forth divers long Roots and fmall Strings, reddifh on the outfide, and yellow within, full of yellow Sap therein.

Place.] They grow in many Places by old Walls, by the Hedges and Way-fides in untilled Places; and being once planted in a Garden, efpecially fome fhady Places, it will remain there.

Time.] They flower all the Summer long, and the Seed ripeneth in the mean time.

Government and Virtues.] This is an Herb of the *Sun*, and under the Celeftial *Lion*, and is one of the beft Cures for the Eyes; that is, all that know any thing in Aftrology, know as well as I can tell them, that the Eyes are fubject to the Luminaries; let it then be gathered when the *Sun* is in *Leo*, and the *Moon* in *Aries*, applying to this Time; let *Leo* arife, then may you make it into an Oil or Ointment, which you pleafe, to anoint your fore Eyes withal: I can prove it both by my own Experience, and the Experience of thofe to whom I have taught it, that moft defperate fore Eyes have been cured by this only Medicine; and then I pray, is not this far better than endangering the Eyes by the Art of the Needle? For if this do not abfolutely take away the Film, it will fo facilitate the Work, that it may be done without Danger. The Herb or Root boiled in White-Wine and drank, a few Anniseeds being boiled therewith, openeth Obftructions of the Liver and Gall, helpeth the Yellow Jaundice; and often ufing it, helps the Dropfy and the Itch, and thofe that have old Sores in their Legs, or other Parts of

Obftructions of the Liver and Gall, Yellow Jaundice,

of the Body. The Juice thereof taken faſting is held to be of ſingular good uſe againſt the Peſtilence: The diſtilled Water with a little Sugar and a little good Treacle mixed therewith (the party upon the taking, being laid down to ſweat a little) hath the ſame effect. The Juice dropped in the Eyes, cleanſeth them from Films and Cloudineſs which darken the Sight; but it is beſt to allay the ſharpneſs of the Juice with a little Breaſt-milk. It is good in old filthy corroding creeping Ulcers whereſoever, to ſtay their Malignity of fretting and running, and to cauſe them to heal more ſpeedily: The Juice often applied to Tetters, Ring-worms, or other ſuch like ſpreading Cankers, will quickly heal them, and rubbed often upon Warts, will take them away. The Herb with the Roots bruiſed and bathed with Oil of Camomile, and applied to the Navel, taketh away the griping Pains in the Belly and Bowels, and all the Pains of the Mother; and applied to Woman's Breaſts, ſtayeth the overmuch flowing of the Courſes. The Juice or Decoction of the Herb gargled between the Teeth that ach, eaſeth the Pain, and the powder of the dried Root laid upon any aking, hollow or looſe Tooth, will cauſe it to fall out. The Juice mixed with ſome Powder of Brimſtone is not only good againſt the Itch, but taketh away all diſcolourings of the Skin whatſoever; and if it chance that in a tender Body it cauſeth any Itchings or Inflammations, by bathing the Place with a little Vinegar it is helped.

Dropſy, Peſtilence, Eyes, Ulcers, Tetters, Ring-worms, Cancers, Bowels, Warts, Belly, Mother, Worms, Terms ſtops, Beauty loſt, Tooth-ach, Itch.

Another ill favoured Trick have Phyſicians got to uſe to the Eye, and that is worſe than the Needle; which is to take away Films by corroding or gnawing Medicines. This I abſolutely proteſt againſt.

1. Becauſe the Tunicles of the Eyes are very thin, and therefore ſoon eaten aſunder.

2. The *Callus* or Film that they would eat away, is ſeldom of an equal thickneſs in every Place, and then the Tunicle may be eaten aſunder in one Place, before the Film be conſumed in another, and ſo be a readier way to extinguiſh the Sight than to reſtore it.

It is called *Chelidonium*, from the *Greek* Word χελιδὼν which fignifies a Swallow; becaufe they fay, that if you put out the Eyes of young Swallows when they are in the Neft, the old ones will recover their Eyes again with this Herb. This I am confident, for I have tried it, that if we mar the very Apple of their Eyes with a Needle, fhe will recover them again; but whether with this Herb or no, I know not.

Alfo I have read (and it feems to be fomewhat probable) that the Herb, being gathered as I fhewed before, and the Elements drawn apart from it by art of the *Alchymift*, and after they are drawn apart rectified, the earthy Quality, ftill in rectifying them, added to the *Terra damnata*, (as Alchymifts call it) or *Terra facratiffima* (as fome Philofophers call it) the Elements fo rectified are fufficient for the Cure of all Difeafes, the Humours offending being known, and the contrary Element given: It is an Experiment worth the trying, and can do no harm.

The Leffer Celandine, *ufually known by the Name of* Pilewort *and* Fogwort.

I Wonder what ailed the Ancients to give this the Name of *Celandine*, which refemble it neither in Nature nor Form; it acquired the Name of *Pilewort* from its Virtues, and it being no great Matter where I fet it down, fo I fet down at all, I humoured Dr. *Tradition* fo much, as to fet it down here.

Defcript.] *This* Celandine *or* Pilewort *(which you pleafe) doth fpread many round pale green Leaves, fet on weak and trailing Branches, which lie upon the Ground, and are flat, fmooth, and fomewhat fhining, and in fome Places (though feldom) marked with black fpots, each ftanding on a long Foot-ftalk, among which rife fmall yellow Flowers, confifting of nine or ten fmall narrow Leaves, upon ftender Foot ftalks, very like unto Crow's-foot, whereunto the Seed alfo is not unlike, being many fmall Kernels like a Grain of Corn, fometimes twice as long as others of a whitifh Colour, with fome Fibres at the End of them.*

Place.] It groweth for the moft Part in moift Corners of Fields and Places that are near Water-fides, yet will abide in drier Ground if they be but a little fhady.

Time.]

Time.] It flowereth betimes about *March* or *April*, is quite gone by *May*: ſo it cannot be found till it ſpring again.

Government and Virtues.] It is under the Dominion of *Mars*, and behold here another Verification of the Learning of the Ancients, *viz.* that the Virtue of an Herb may be known by its Signature, as plainly appears in this; for if you dig up the Root of it, you ſhall perceive the perfect Image of that Diſeaſe which they commonly call the Piles. It is certain by good Experience, that the Decoction of the Leaves and Roots doth wonderfully help Piles and Hæmorrhoids, alſo Kernels by the Ears and Throat called the King's Evil, or any other hard Wens or Tumours. *King's-Evil*, *Hæmorrhoids*,

Here's another Secret for my Countrymen and Women, a couple of them together; Pilewort made into an Oil, Ointment, or Plaiſter, readily cures both the Piles, or Hæmorrhoid, and the King's-Evil: The very Herb borne about one's Body next the Skin helps in ſuch Diſeaſes, though it never touch the Place grieved; let poor People make much of it for thoſe Uſes; with this I cured my own Daughter of the King's-Evil, broke the Sore, drew out a quarter of a Pint of Corruption, cured without any Scar at all in one Week's Time.

The Ordinary ſmall Centaury.

Deſcript.] THIS groweth up moſt uſually but with one round and ſomewhat criſted Stalk, about a Foot high or better, branching forth at the Top into many Springs, and ſome alſo from the Joints of the Stalks below; the Flowers thus ſtand at the Tops as it were in one Umble or Tuft, are of a pale red, tending to Carnation Colour, conſiſting of five, ſometimes ſix ſmall Leaves, very like thoſe of St. *John*'s Wort, opening themſelves in the Day Time, and cloſing at Night, after which come Seeds in little ſhort Huſks, in Form like unto Wheat Corn, The Leaves are ſmall and ſomewhat round: The Root ſmall and hard, periſhing every Year. The whole Plant is of an exceeding bitter Taſte.

There is another Sort in all Things like the former, ſave only it beareth white Flowers.

Place.] They grow ordinary in Fields, Paſtures and Woods, but that with the white Flowers not ſo frequently as the other.

Time.]

Time.] They flower in *July* or thereabouts, and ſeed within a Month after.

Government and Virtues.] They are under the Dominion of the *Sun*, as appears in that their Flowers open and ſhut as the *Sun* either ſheweth or hideth his Face. This Herb, boiled anddrunk, purgeth Cholerick and groſs Humours, and helpeth the Sciatica; it openeth Obſtructions of the Liver, Gall, and Spleen, helpeth the Jaundice, and eaſing the Pains in the Sides, and Hardneſs of the Spleen, uſed outwardly, and is given with very good effect in Agues. It helpeth thoſe that have the Dropſy, or the Green-Sickneſs, being much uſed by the *Italians* in Powder for that Purpoſe. It killeth the Worms in the Belly, as is found by Experience. The Decoction thereof (*viz.*) the Tops of the Stalks, with the Leaves and Flowers, is good againſt the Cholick, and to bring down Womens Courſes, helpeth to avoid the dead Birth and eaſeth Pains of the Mother, and is very effectual in all old Pains of the Joints, as the Gout, Cramps, or Convulſions. A Dram of the Powder thereof taken in Wine, is a wonderful good Help againſt the Biting and Poiſon of an Adder. The Juice of the Herb with a little Honey put to it, is good to clear the Eyes from Dimneſs, Miſts and Clouds that offend or hinder Sight. It is ſingular good both for green and freſh Wounds, as alſo for old Ulcers and Sores, to cloſe up the one, and cleanſe the other, and perfectly to cure them both, although they are hollow or fiſtulous; the green Herb eſpecially being bruiſed and laid thereto. The Decoction thereof dropped into the Ears, cleanſeth them from Worms, cleanſeth the foul Ulcers and ſpreading Scabs of the Head, and taketh away all Freckles, Spots, and Marks in the Skin, being waſhed with it, the Herb is ſo ſafe you cannot fail in the uſing of it, only give it inwardly for inward Diſeaſes. 'Tis very wholeſome, but not very toothſome.

Choler, Sciatica, Obſtructions of the Liver, Gall, Spleen, Agues, Dropſy, Green-Sickneſs, Terms provokes, Cholick.

Joints, Gouts, Sciatica, Cramp, Convulſions, venomous Beaſts, Eyes, Wounds, Ulcers, Ears, ſcabby Heads, Freckles, Spots.

There

There is, beſides theſe, another ſmall Centaury, which beareth a yellow Flower; in all other reſpects it is like the former, ſave that the Leaves are bigger, and of a darker green, and the Stalk paſſeth through the midſt of them, as it doth in the Herb *Thorowwan*. They are all of them, as I told you, under the Government of the *Sun*; yet this, if you obſerve it, you ſhall find an excellent Truth; in Diſeaſes of the Blood, uſe the red Centaury; if of Choler, uſe the yellow; but if Phlegm or Water, you will find the white beſt.

The Cherry-Tree.

I Suppoſe there are few but know this Tree, for its Fruit's ſake; and therefore I ſhall ſpare writing a Deſcription thereof.

Place.] For the Place of its Growth, it is afforded Room in every Orchard.

Government and Virtues.] It is a Tree of *Venus*. Cherries, as they are of different Taſtes, ſo they are of different Qualities. The ſweet paſs thro' the Stomach and the Belly more ſpeedily, but are of little Nouriſhment; the tart or ſour are more pleaſing to an hot Stomach, procure Appetite to Meat, and help to cut tough Phlegm, and groſs Humours; but when theſe are dried, they are more binding to the Belly than when they are freſh, being cooling in hot Diſeaſes, and welcome to the Stomach, and provoke Urine. The Gum of the Cherry-Tree, diſſolved in Wine, is good for a Cold, Cough, and Hoarſeneſs of the Throat; mendeth the Colour in the Face, ſharpeneth the Eye-ſight, provoketh Appetite, and helpeth to break and expel the Stone; the Black-Cherries bruiſed with the Stones, and diſſolved, the Water thereof is much uſed to break the Stone, and to expel Gravel and Wind.

Appetite loſt, Phlegm, groſs Humours cool, provoke Urine, Cough, Hoarſeneſs, Sight, Gravel, Wind.

Winter-Cherries.

Deſcipt.] THE Winter-Cherry hath a running or creeping Root in the Ground, of the Bigneſs many Times of one's little Finger, ſhooting forth at ſeveral Joints in ſeveral Places, whereby it quickly ſpread a great Compaſs of Ground. The Stalk riſeth not above a Yard high, whereon are ſet many broad and long green Leaves, ſomewhat like Night-ſhade, but larger;

larger; at the Joints whereof come forth whitiſh Flowers made of five Leaves a-piece, which afterwards turn into green Berries incloſed with thin Skins, which change to be reddiſh when they grow ripe, the Berry likewiſe being reddiſh, and as large as a Cherry; wherein are contained many flat and yellowiſh Seeds lying within the Pulp, which being gathered and ſtrung up, are kept all the Year to be uſed upon Occaſion.

Place.] They grow not naturally in this Land, but are cheriſhed in Gardens for their Vtrtues.

Time.] They flower not until the Middle or latter End of *July*; and the Fruit is ripe about *Auguſt*, or the Beginning of *September*.

Government and Virtues.] This alſo is a Plant of *Venus*. They are of great Uſe in Phyſick: The Leaves, being cooling, may be uſed in Inflammations, but not opening as the Berries and Fruit are; which by drawing down the Urine provoke it to be voided plentifully when it is ſtopped or grown hot, ſharp, and painful in the Paſſage; it is good alſo to expel the Stone and Gravel out of the Reins, Kidneys, and Bladder, helping to diſſolve the Stone, and voiding it by Grit or Gravel ſent forth in the Urine; it alſo helpeth much to cleanſe inward Impoſthumes or Ulcers in the Reins or Bladder, or in thoſe that void a bloody or foul Urine. The diſtilled Water of the Fruit, or the Leaves together with them, or the Berries green or dry, diſtilled with a little Milk, and drunk Morning and Even with a little Sugar, is effectual to all the Purpoſes before ſpecified, and eſpecially againſt the Heat and Sharpneſs of the Urine. I ſhall only mention one Way, amongſt many others which might be uſed, for ordering the Berries, to be helpful for the Urine and the Stone; which is this: Take three or four good Handfuls of the Berries, either green or freſh, or dried, and having bruiſed them, put them into ſo many Gallons of Beer or Ale when it is new tunned up: This Drink, taken daily, hath been found to do much Good to many, both to eaſe the Pains, and expel Urine and the Stone, and to cauſe the Stone not to engender. The Decoction of the Berries in Wine and Water is the moſt uſual Way; but the Powder of them taken in Drink is more effectual.

Inflammations, Dyſury, Stone, Gravel, Ulcers in the Reins, and Bladder, piſſing Blood, Sharpneſs of Urine, a precious Receipt.

Chervil.

Chervil.

IT is called *Cerefolium*, *Mirrhis*, and *Mirrha*, *Chervel*, *ſweet Chervil*, and *ſweet Cicely*.

Deſcript.] *The* Garden Chervil *doth at firſt ſomewhat reſemble Parſley, but after it is better grown, the Leaves are much cut in and jagged, reſembling Hemlock, being a little hairy, and of a whitiſh green Colour, ſometimes turning reddiſh in the Summer, with the Stalks alſo; it riſeth a little above half a Foot high, bearing white Flowers in ſpiked Tufts, which turn into long and round Seeds pointed at the Ends, and blackiſh when they are ripe; of a ſweet Taſte, but no Smell, tho' the Herb itſelf ſmelleth reaſonably well. The Root is ſmall and long, and periſheth every Year, and muſt be ſown a-new in Spring, for Seed after* July *for Autumn fails.*

The Wild Chervil *groweth two or three Foot high, with yellow Stalks and Joints, ſet with broader and more hairy Leaves, divided into ſundry Parts, nicked about the Edges, and of a dark green Colour, which likewiſe grow reddiſh with the Stalks; at the Tops whereof ſtand ſmall white Tufts of Flowers, afterwards ſmaller and longer Seed. The Root is white, hard, and enduring long. This hath little or no Scent.*

Place.] The firſt is ſown in Gardens for a Sallet-Herb; the ſecond groweth wild in many of the Meadows of this Land, and by the Hedges Sides, and on Heaths.

Time.] They flower and ſeed early, and thereupon are ſown again in the End of Summer.

Government and Virtues.] The *Garden Chervil* being eaten doth moderately warm the Stomach, and is a certain Remedy (ſaith *Tragus*) to diſſolve congealed or clotted Blood in the Body, or that which is clotted by Bruiſes, Falls, &c. The Juice or diſtilled Water thereof being drunk, and the bruiſed Leaves laid to the Place, being taken either in Meat or Drink, it is good Help to provoke Urine, or expel the Stone in the Kidneys, to ſend down *Women's Courſes*, and to help the Pleuriſy and Pricking of the Sides.

Stomach, clotted Blood, Bruiſes, Falls, Dyſury, Stone, Pleuriſies in the Sides.

The *Wild Chervil* bruiſed and applied diſſolveth Swellings in any Part, or the Marks of congealed Blood by Bruiſes or Blows, in a little Space.

Swellings, black and blue Spots.

Sweet

Sweet Chervil, *or* Sweet Cicely.

Defcript.] *THIS groweth very like the* Great Hemlock, *having large fpread Leaves cut into divers Parts, but of a freſher green Colour than the* Hemlock, *taſting as ſweet as the* Aniſeed. *The Stalks riſe up a Yard high, or better, being creſſed or hollow, having Leaves at the Joints, but leſſer; and, at the Tops of the branched Stalks, Umbels or Tufts of white Flowers; after which comes large and long creſted black ſhining Seed, pointed at both Ends, taſting quick, yet ſweet and pleaſant. The Root is great and white, growing deep in the Ground, and ſpreading ſundry long Branches therein, in Taſte and Smell ſtronger than the Leaves or Seeds, and continuing many Years.*

Place.] This groweth in Gardens.

Government and Virtues.] Theſe are all three of them of the Nature of *Jupiter*, and under his Dominion. This whole Plant, beſides its Pleaſantneſs in Sallets, hath its phyſical Virtue. The Root boiled, and eaten with Oil and Vinegar, (or without Oil) doth much pleaſe and warm old and cold Stomachs oppreſſed with Wind or Phlegm, or thoſe that have the Phthiſick or Conſumption of the Lungs. The ſame drunk with Wine is a Preſervative from the Plague. It provoketh *Women's Courſes*, and expelleth the After-birth, procureth an Appetite to Meat, and expelleth Wind. The Juice is good to heal the Ulcers of the Head and Face; the candied Roots hereof are held as effectual as *Angelica*, to preſerve from Infection in the Time of a Plague, and to warm and comfort a cold weak Stomach. It is ſo harmleſs, you cannot uſe it amiſs.

Cold Stomach, Wind, Phlegm, Lungs, Phthiſick, Peſtilence, Terms provokes, After-birth, Appetite loſt, Ulcers, Epidemical Diſeaſes.

Cheſnut-Tree.

IT were needleſs to deſcribe a Tree ſo commonly known, as to tell a Man he had gotten a Mouth; therefore take the Government and Virtues of them thus:

The Tree is abſolutely under the Dominion of *Jupiter*, and therefore the Fruit muſt needs breed good Blood, and yield commendable Nouriſhment to the Body; yet, if eaten over-much, they make the Blood thick, procure Head-ach, and bind the Body; the inner Skin, that covereth the Nut,

is

is of fo binding a Quality, that a Scruple of it being taken by a Man, or ten Grains by a Child, foon ftops any Flux whatfoever: The whole Nut being dried and beaten into Powder, and a Drachm taken at a time is a good Remedy to ftop the Terms in Women. If you dry Chefnuts, (only the Kernels I mean) both the Barks being taken away, beat them into Powder, and make the Powder up into an Electuary with Honey, fo have you an admirable Remedy for the Cough and Spitting of Blood.

Flux, Terms ftops, Spitting of Blood.

Earth Chefnuts.

THEY are called *Earth Nuts*, *Earth Chefnuts*, *Ground Nuts*, and *Ciper Nuts*; and we in *Suffex* call them *Pig Nuts*. A Defcription of them were needlefs, for every Child knows them.

Government and Virtues.] They are fomething hot and dry in Quality, under the Dominion of *Venus*; they provoke Luft exceedingly, and ftir up to thofe Sports fhe is Miftreis of; the Seed is excellent good to provoke Urine; and fo alfo is the Root, but it doth not perform it fo forcibly as the Seed doth. The Root being dried and beaten into Powder, and the Powder made into an Electuary, is as fingular a Remedy for Spitting and Piffing of Blood, as the former Chefnut was for Coughs.

Luft provokes, Dyfury, Spitting of Blood, Piffing of Blood.

Chickweed.

IT is fo generally known to moft People, that I fhall not trouble you with the Defcription thereof, nor myfelf with etting forth the feveral Kinds, fith but only two or three are onfiderable for their Ufefulnefs.

Place.] They are ufually found in moift and watery Places, y Wood-fides, and elfewhere.

Time.] They flower about *June*, and their Seed is ripe in *uly*.

Government and Virtues.] It is a fine foft pleafing Herb, nder the Dominion of the *Moon*. It is found to be effec- ial as Purflain to all the Purpofes whereunto it ferveth, ex- pt for Meat only. The Herb bruifed, or the Juice applied

(with Cloths or Sponges dipped therein) to the Region of the Liver, and as they dry, to have freſh applied, doth wonderfully temper the Heat of the Liver, and is effectual for all Impoſthumes and Swellings whatſoever; for all Redneſs in the Face, Wheals, Puſhes, Itch, Scabs, the Juice either ſimply uſed, or boiled with Hog's-greaſe, and applied, the ſame helpeth Cramps, Convuſions, and Palſy. The Juice, or diſtilled Water, is of much good Uſe for all Heats and Redneſs in the Eyes, to drop ſome thereof into them: As alſo into the Ears, to eaſe Pains in them; and is of good Effect to eaſe Pains from the Heat and Sharpneſs of the Blood in the Piles, and generally all Pains in the Body that ariſe of Heat. It is uſed alſo in hot and virulent Ulcers and Sores in the Privy-Parts of Men or Women, or on the Legs, or elſewhere. The Leaves boiled with Marſh-mallows, and made into a Poultice with Fenugreek and Linſeed, applied to Swellings or Impohumes, ripen and break them, or aſſwage the Swellings, and eaſe the Pains. It helpeth the Sinews when they are ſhrunk by Cramps, or otherwiſe, and to extend and make them pliable again by this Medicine. Boil a Handful of chick-weed, and a Handful of red Roſe Leaves dried, but not diſtilled, in a Quart of Muſcadine, until a fourth Part be conſumed; then put to them a Pint of Oil of Trotters or Sheep's-feet; let them boil a good while, ſtill ſtirring them well; which being ſtrained, anoint the grieved Place therewith, warm againſt the Fire, rubbing it well with one Hand; and bind alſo ſome of the Herb (if you will) to the Place, and, with God's Bleſſing, it will help it in three times dreſſing.

Hot Liver, Swellings, Impoſthumes, Puſhes, red Face, Wheals, Itch, Scabs, Cramp, Convulſions, Palſy, red Eyes, Hæmorrhoids, Ulcers, Sinews.

Chich-Peaſe, *or* Cicers.

Deſcript.] *THE Garden Sorts, whether Red, Black, or White, bring forth Stalks a Yard long, whereon do grow many ſmall and almoſt round Leaves, dented about the Edges, ſet on both Sides of a middle Rib: At the Joints come forth one or two Flowers, upon ſharp Foot-ſtalks, Peaſe-faſhion, either white or whitiſh, or purpliſh red, lighter or deeper, according as the Peaſe that follow will be, that are contained in ſmall, thick, and ſhort Pods, wherein lie one or two Peaſe, more uſually, a little pointed at the lower End, and almoſt round at the Head, yet*

yet a little cornered or ſharp; the Root is ſmall, and periſheth yearly.

Place and Time.] They are ſown in Gardens, or Fields, as Peaſe, being ſown later than Peaſe, and gathered at the ſame Time with them, or preſently after.

Government and Virtues.] They are both under the Dominion of *Venus*. They are leſs windy than Beans, but nouriſh more; they provoke Urine, and are thought to increaſe Sperm; they have a cleanſing Faculty, whereby they break the Stone in the Kidneys. To drink the Cream of them, being boiled in Water, is the beſt way. It moves the Belly downwards, provokes Women's Courſes and Urine, increaſes both Milk and Seed. One Ounce of Cicers, two Ounces of *French* Barley, and a ſmall Handful of Marſh mallow Roots, clean waſhed and cut, being boiled in the Broth of a Chicken, and four Ounces taken in the Morning, and faſting two Hours after, is a good Medicine for a Pain in the Sides. The White Cicers are uſed more for Meat than Medicine, yet have the ſame Effect, and are thought more powerful to increaſe Milk and Seed. The wild Cicers are ſo much more powerful than the Garden Kinds, by how much they exceed them in Heat and Dryneſs; whereby they do more open Obſtructions, break the Stone, and have all the Properties of cutting, opening, digeſting, and diſſolving; and this more ſpeedily and certainly than the former.

Diſury, Seed increaſe, Stone, Coſtiveneſs, Terms provokes, Obſtruction, Pains in the Sides, Stone open, digeſt, diſſolve.

Cinquefoil, *or* Five-leaved Graſs; *called, in ſome Counties,* Five-fingered Graſs.

Deſcript.] *IT ſpreads and creeps far upon the Ground, with long ſlender Strings like* Strawberries, *which take Root again, and ſhoot forth many Leaves made of five Parts, and ſometimes of ſeven, dented about the Edges, and ſomewhat hard. The Stalks are ſlender, leaning downwards, and bear many ſmall yellow Flowers thereon, with ſome yellow Threads in the middle, ſtanding about a ſmooth green Head; which, when it is ripe, is a little rough, and containeth ſmall browniſh Seed. The Root is of a blackiſh brown Colour, ſo big as one's*

little Finger, but growing long, with ſome Threads thereat; and by the ſmall Strings it quickly ſpreadeth over the Ground.

Place.] It groweth by Wood-ſides, Hedges-ſides, the Path-way in Fields, and in the Borders and Corners of them, almoſt through all this Land.

Time.] It flowereth in Summer, ſome ſooner, ſome later.

Government and Virtues.] This is an Herb of *Jupiter*, and therefore ſtrengthens the Part of the Body it rules; let *Jupiter* be angular and ſtrong when it is gathered; and if you give but a Scruple (which is but twenty Grains) of it at a Time, either in White-wine, or White-wine Vinegar, you ſhall very ſeldom miſs the Cure of an Ague, be it what Ague ſoever, in 3 Fits, as I have often proved, to the Admiration both of myſelf and others; let no Man deſpiſe it becauſe it is plain and eaſy, the Ways of God are all ſuch. 'Tis the Ungodlineſs and Impudency of Man, that hath made Things hard, and hath (by ſo doing) made Sport for all the Devils in Hell, and grieved the Angels; and when you read this, your own Genius (if you be any thing at all acquainted with it) may dictate to you many as good Concluſions both of this and other Herbs. It is an eſpecial Herb uſed in all Inflammations and Fevers, whether infectious or peſtilential; or among other Herbs to cool and temper the Blood and Humours in the Body. As alſo for all Lotions, Gargles, Injections, and the like, for ſore Mouths, Ulcers, Cancers, Fiſtula's, and other corrupt, foul, or running Sores. The Juice hereof drunk, about four Ounces at a time, for certain Days together, cureth the Quinſey and Yellow-Jaundice; and taken for thirty Days together, cureth the Falling-Sickneſs. The Roots boiled in Milk and drank, is a moſt effectual Remedy for all Fluxes in Man or Woman, whether the White or Red, as alſo the Boody-flux. The Roots boiled in Vinegar, and the Decoction thereof held in the Mouth eaſeth the Pains in the Tooth ach. The Juice or Decoction taken with a little

Agues.

Inflammations, Fevers, Peſtilence, ſore Mouth, Ulcers, Cancers, Fiſtula's, Quinſey, Yellow Jaundice, the Falling Sickneſs, Flux, Terms ſtops, Whites, Bloody-flux, Tooth-ach, Hoarſneſs, Cough, Palſy of the Hand, Knots in the Fleſh, St. Anthony's *Fire, Shingles, Scabs, Itch, Joints pained, Sciatica, Ruptures, Gout, Bruiſes, Falls, Bleeding.*

little Honey, helpeth the Hoarseness of the Throat, and is very good for the Cough of the Lungs. The distilled Water of both Roots and Leaves is also effectual to all the Purposes aforesaid; and if the Hands be often washed therein, and suffered at every time to dry in of itself without wiping, it will in a short time help the Palsy, or Shaking in them. The Root boiled in Vinegar, helpeth all Knots, Kernels, hard Swellings, and Lumps growing in any Part of the Flesh, being thereto applied; as also Inflammations, and St. *Anthony*'s Fire, all Impostlumes, and painful Sores with Heat and Putrefaction, the Shingles also, and all other Sorts of Running, and foul Scabs, Sores and Itch. The same also boiled in Wine, and applied to any Joint full of Pain, Ach, or the Gout in the Hands or Feet, or the Hip-Gout, called the *Sciatica*, and the Decoction thereof drank the while, doth cure them, and easeth much Pain in the Bowels. The Roots are likewise effectual to help Ruptures or Burstings, being used with other Things available to that Purpose taken either inwardly or outwardly, or both; as also Bruises or Hurts by Blows, Falls, or the like, and to stay the Bleeding of Wounds in any Parts inward or outward.

Some hold that one Leaf cures a Quotidian, three a Tertian, and four a Quartan Ague, and a hundred to one if it be not *Dioscorides*; for he is full of Whimsies. The Truth is, I never stood so much upon the Number of the Leaves, nor whether I give it in Powder or Decoction: If *Jupiter* were strong, and the *Moon* applying to him, or his good Aspect at the gathering, I never knew it miss the desired Effects.

Cives.

CAlled also Rush-Leeks, Chives, Civet, and Sweth.

Temperature and Virtues.] I confess I had not added these, had it not been for a Country Gentleman, who by a Letter certified me, that amongst other Herbs, I had left these out; they are indeed a kind of Leeks, hot and dry in the Fourth Degree as they are, and so under the Dominion of *Mars*; if they be eaten raw, (I do not mean raw, opposite to roasted or boiled, but raw, opposite to Chymical Preparation) they send up very hurtful Vapours to the Brain, causing troublesome Sleep, and spoiling the Eye-sight; yet of them prepared by the Art of the Alchymist, may be made an excellent Remedy for the Stoppage of Urine.

Dysury.

Clary, *or more properly* Clear-Eye.

Deſcript.] *OUR ordinary Garden* Clary *hath four ſquare Stalks, with broad, rough, wrinkled, whitiſh, or hoary green Leaves, ſomewhat evenly cut in on the Edges, and of a ſtrong ſweet Scent, growing ſome near the Ground, and ſome by Couples upon Stalks. The Flowers grow at certain Diſtances, with two ſmall Leaves at the Joints under them, ſomewhat like unto the Flowers of Sage, but ſmaller, and of a whitiſh blue Colour. The Seed is browniſh, and ſomewhat flat, or not ſo round as the wild. The Roots are blackiſh, and ſpread not far, and periſh after the Seed-time. It is uſually ſown, for it ſeldom riſeth of its own ſowing.*

Place.] This groweth in Gardens.

Time.] It flowereth in *June* and *July*, ſome a little later than others, and their Seed is ripe in *Auguſt*, or thereabout.

Government and Virtues.] It is under the Dominion of the *Moon*. The Seed is uſed to be put into the Eyes to clear them from Motes and ſuch like Things gotten within the Lids to offend them, as alſo to clear them from white and red Spots on them. The Mucilage of the Seed made with Water, and applied to Tumours, or Swellings, diſperſeth and taketh them away; as alſo draweth forth Splinters, Thorns, or other Things gotten into the Fleſh. The Leaves uſed with Vinegar, either by itſelf, or with a little Honey, doth help hot Inflammations, as alſo Boils, Felons, and the hot Inflammations that are gathered by their Pains, if it be applied before they be grown too great. The Powder of the dried Root put into the Noſe, provoketh Sneezing, and thereby purgeth the Head and Brain of much Rheum and Corruption. The Seed or Leaves taken in Wine, provoketh to Venery. It is of much Uſe both for Men and Women that have weak Backs, and helpeth to ſtrengthen the Reins; uſed either by itſelf, or with other Herbs conducing to the ſame Effect, and in Tanſies often. The freſh Leaves dipped in a Batter of Flower, Eggs, and a little Milk, and fried in Butter, and ſerved to the Table, is not unpleaſant to any, but exceeding profitable for thoſe that are troubled with weak Backs, and the Effects thereof. The Juice of the Herb put into Ale or Beer, and drank, bringeth down Wo-

Eyes, Swellings, Inflammations, Splinters, Thorns, Boils, Felons, Head, Brain, Luſt provokes, Back, Terms provokes.

mens Courſes, and expelleth the *After-birth.*

After-birth.

It is an uſual Courſe with many Men, when they have gotten the Running of the Reins, or Women the Whites, they run to the Buſh of Clary; Maid, bring hither the Frying Pan, fetch me ſome Butter quickly, then for eating fried Clary, juſt as Hogs eat Acorns, and this they think will cure their Diſeaſe (forſooth) whereas, when they have devoured as much Clary as will grow upon an Acre of Ground, their Backs are as much the better, as though they had piſſed in their Shoes; nay, perhaps much worſe.

We will grant that Clary ſtrengthens the Back; but this we deny, That the Cauſe of the Running of the Reins in Men, or the Whites in Women, lies in the Back (though the Back may ſometimes be weakened by them) and therefore the Medicine is as proper, as for me when my Toe is ſore, to lay a Plaiſter on my Noſe.

Wild Clary.

WIld Clary is moſt blaſphemouſly called Chriſt's Eye, becauſe it cures Diſeaſes of the Eyes. I could wiſh from my Soul, Blaſphemy, Ignorance and Tyranny were ceaſed among Phyſicians, that they may be happy, and I joyful.

Deſcript.] *It is like the other Clary, but leſſer, with many Stalks about a Foot and half high. The Stalks are ſquare and ſomewhat hairy. The Flowers of a Buſh Colour. He that knows the common Clary, cannot be ignorant of this.*

Place.] It grows commonly in this Nation in barren Places; you may find it plentifully, if you look in the Fields near *Gray's-Inn*, and the Fields near *Chelſea*.

Time.] They flower from the Beginning of *June*, 'till the latter End of *Auguſt*.

Government and Virtues.] It is ſomething hotter and drier than the Garden Clary is, yet nevertheleſs under the Dominion of the *Moon*, as well as that; the Seeds of it being beaten to Powder, and drunk with Wine, is an admirable Help to provoke Luſt. A Decoction of the Leaves being drunk, warms the Stomach, and 'tis a wonder if it ſhould not, the Stomach being *Cancer*, the Houſe of the *Moon*. *Luſt provoketh, Congealed Blood, cold Stomach, ſore Eyes, Films in the Eyes, Indigeſtion.*

Alſo it helps Digeſtion, ſcatters congealed Blood in any Part of the Body, and helpeth Dimneſs of Sight. The diſtilled Water hereof cleanſeth the Eyes of Redneſs, Wateriſhneſs, and Heat. 'Tis a gallant Remedy for Dimneſs of Sight, to take one of the Seeds of it, and put into the Eyes, and there let it remain 'till it drops out of itſelf, the Pain will be nothing to ſpeak on; it will cleanſe the Eyes of all filthy and putrefied Matter, and in often repeating of it, will take off a Film which covereth the Sight; a handſomer, ſafer, and eaſier Remedy a great deal, than to tear it off with a Needle.

Cleavers.

IT is alſo called Aparine, Gooſe-ſhare, Gooſe-graſs, and Cleavers.

Deſcript.] *The common Cleavers have divers very rough, ſquare Stalks, not ſo big as the Tag of a Point, but riſing up to be two or three Yards high ſometimes, if it meet with any tall Bufhes or Trees whereon it may climb, yet without any Claſpers, or elſe much lower, and lying on the Ground full of Joints, and at every one of them ſhooteth forth a Branch, beſides the Leaves thereof, which are uſually ſix, ſet in a round Compaſs like a Star, or a Rowel of a Spur: From between the Leaves or the Joints, towards the Tops of the Branches, come forth very ſmall white Flowers, at every End upon ſmall thready Foot-ſtalks, which after they have fallen, there do ſhew two ſmall round and rough Seeds joined together like two Teſticles, which when they are ripe grow hard and whitiſh, having a little Hole on the Side, ſomewhat like unto a Navel. Both Stalks, Leaves, and Seeds, are ſo rough, that they will cleave to any thing that ſhall touch them. The Root is ſmall and thready, ſpreading much in the Ground, but dieth every Year.*

Place.] It groweth by the Hedge and Ditch-ſides in many Places of this Land, and is ſo troubleſome an Inhabitant in Gardens, that it rampeth upon, and is ready to choak, whatever grows next it.

Time.] It flowereth in *June* or *July*, and the Seed is ripe and falleth again in the End of *July* or *Auguſt*, from whence it ſpringeth up again, and not from the old Roots.

Government

Government and Virtues.] It is under the Dominion of the *Moon.* The Juice of the Herb and the Seed together taken in Wine, helpeth those bitten with an Adder, by preserving the Heart from the Venom. It is familiarly taken in Broth to keep them lean and lank, that are apt to grow fat. The distilled Water drunk twice a day, helpeth the Yellow Jaundice, and the Decoction of the Herb, in Experience, is found to do the same, and stayeth Lasks and Bloody Fluxes. The Juice of the Leaves, or they a little bruised and applied to any Bleeding Wounds, stayeth the Bleeding. The Juice also is very good to close up the Lips of green Wounds, and the Powder of the dried Herb strewed thereupon, doth the same, and likewise helpeth old Ulcers. Being boiled with Hogs-grease, it helpeth all Sorts of hard Swellings, or Kernels in the Throat, being anointed therewith. The Juice dropped into the Ears taketh away the Pain of them.

Venomous Beasts, Heart, Fatness, Yellow Jaundice, Flux, Bloody Flux, Wounds, Ulcers, Swellings, King's-Evil, Pain in the Ears.

It is a good Remedy in the Spring, eaten (being first chopped small, and boiled well) in Water-gruel, to cleanse the Blood, and strengthen the Liver, thereby to keep the Body in Health, and fitting it for that Change of Season that is coming.

Clowns Wood-wort.

Descript.] IT groweth up sometimes to two or three Foot high, but usually about two Foot, with square, green, rough Stalks, but slender, joined somewhat far asunder, and two very long, somewhat narrow dark green Leaves bluntly dented about the Edges thereof, ending in a long Point. The Flowers stand towards the Tops, compassing the Stalks at the Joints with the Leaves, and end likewise in a spiked Top, having long and much gaping Hoods of a purplish red Colour, with whitish Spots in them, standing in somewhat rough Husks, wherein afterwards stand blackish round Seeds. The Root is composed of many long Strings, with some tuberous long Knobs growing among them, of a pale yellowish or whitish Colour, yet sometimes of the Year these knobby Roots in many places are not seen in this Plant: The Plant smelleth somewhat strongly.

Place.] It groweth in ſundry Counties of this Land, both *North* and *Weſt*, and frequently by Path-ſides in the Fields near about *London*, and within three or four Miles diſtant about it, yet it uſually grows in or near Ditches.

Time.] It flowereth in *June* or *July*, and the Seed is ripe ſoon after.

Government and Virtues.] It is under the Dominion of the Planet *Saturn*. It is ſingularly effectual in all freſh and green Wounds, and therefore beareth not this Name for nought. And it is very available in ſtenching of Blood, and to dry up the Fluxes of Humours in old fretting Ulcers, Cankers, &c. that hinder the healing of them.

Wounds, Ulcers, Cankers, Blood, Bloody-Flux, Veſſels broken, Ruptures, piſſing and vomiting Blood, Spitting, Veins ſwelling, Muſcles cut.

A Syrup made of the Juice of it, is inferior to none for inward Wounds, Ruptures of Veins, Bloody-Flux, Veſſels broken, Spitting, Piſſing, or vomiting Blood: Ruptures are excellently, and ſpeedily even to Admiration, cured by taking now and then a little of the Syrup, and applying an Ointment or Plaiſter of this Herb to the Place. Alſo if any Vein be ſwelled or Muſcle, apply a Plaiſter of this Herb to it, and if you add a little Comfrey to it, it will not do amiſs. I aſſure thee the Herb deſerves Commendations, though it have gotten ſuch a clowniſh Name; and whoſoever reads this, (if he try it as I have done) will commend it as I have done; only take notice that it is of a dry earthly Quality.

Cock's-Head, Red Fitchling, *or* Medick-Fetch.

Deſcript.] THIS hath divers weak but rough Stalks, half a Yard long, leaning downwards, but ſet with winged Leaves, longer and more pointed than thoſe of Lentiles and whitiſh underneath; from the Tops of theſe Stalks ariſe up other ſlender Stalks, naked without Leaves unto the Tops, where they grow many ſmall Flowers in Manner of a Spike, of a pale reddiſh Colour, with ſome Blueneſs among them; after which riſe up in their Places, round, rough, and ſomewhat flat Heads. The Root is tough, and ſomewhat woody, yet liveth and ſhooteth a-new every Year.

Place.] It groweth under Hedges, and ſometimes in the open Fields, in divers Places of this Land.

Time.]

Time.] They flower all the Months of *July* and *Auguſt*, and the Seed ripeneth in the mean while.

Government and Virtues.] It is under the Dominion of *Venus*. It hath Power to rarify and digeſt; and therefore the green Leaves bruiſed and laid as a Plaiſter, diſperſe Knots, Nodes, or Kernels in the Fleſh; and if when it is dry it be taken in Wine, it helpeth the Strangury; and being anointed with Oil it provoketh Sweat. It is a ſingular Food for Cattle, to cauſe them to give Store of Milk; and why then may it not do the like, being boiled in ordinary Drink, for Nurſes?

Knots, and Kernels in the Fleſh, Strangury, Milk in Cattle.

Columbines.

THeſe are ſo well known, growing almoſt in every Garden, that I think I may ſave the Expence of Time in writing a Deſcription of them.

Time.] They flower in *May*, and abide not for the moſt part when *June* is paſt, perfecting their Seed in the mean time.

Government and Virtues.] It is alſo an Herb of *Venus*. The Leaves of Columbines are commonly uſed in Lotions with good Succeſs for ſore Mouths and Throats. *Tragus* ſaith, That a Drachm of the Seed taken in Wine with a little Saffron, openeth Obſtructions of the Liver, and is good for the Yellow Jaundice, if the Party after the taking thereof be laid to ſweat well in Bed. The Seed alſo taken in Wine cauſeth a ſpeedy Delivery of Women in Child-birth; if one Draught ſuffice not, let her drink the Second, and it is effectual: The *Spaniards* uſed to eat a Piece of the Root thereof in a Morning faſting many Days together, to help them being troubled with Stone in the Reins or Kidneys.

Obſtructions, Yellow Jaundice, Sore Mouth and Throats, Womens Travail, Stone.

Colts-foot.

CAlled alſo Cough-wort, Foals-foot, Horſe-hoof, and Bulls-foot.

Deſcript.] This ſhooteth up a ſlender Stalk, with ſmall yellowiſh Flowers ſomewhat earlier, which fall away quickly, and after they are paſt, come up ſomewhat round Leaves, ſometimes dented about the Edges, much leſſer, thicker, and greener

than thoſe of Butter-bur, with a little Down or Frieze over the green Leaf on the upper Side, which may be rubbed away, and whitiſh or mealy underneath. The Root is ſmall and white, ſpreading much under Ground, ſo that where it taketh, it will hardly be driven away again, if any little Piece be abiding therein; and from thence ſpring freſh Leaves.

Place.] It groweth as well in wet Grounds as in drier Places.

Time.] And flowereth in the End of *February*, the Leaves beginning to appear in *March*.

Government and Virtues.] The Plant is under *Venus*; the freſh Leaves or Juice, or a Syrup thereof is good for a hot dry Cough or Wheezing, and Shortneſs of Breath. The dry Leaves are beſt for thoſe that have thin Rheums and Diſtillations upon their Lungs, cauſing a Cough, for which alſo the dried Leaves taken as Tobacco or the Root is very good. The diſtilled Water hereof ſimply, or with Elder Flowers and Night-ſhade is a ſingular good Remedy againſt all hot Agues, to drink two Ounces at a Time, and apply Cloths wet therein to the Head and Stomach, which alſo does much Good, being applied to any hot Swellings and Inflammations: It helpeth St. *Anthony*'s Fire and Burnings, and is ſingular good to take away Wheals and ſmall Puſhes that ariſe thro' Heat; as alſo the burning Heat of the Piles, or Privy-Parts, Cloths wet therein being thereunto applied.

Cough, Wheezing, Shortneſs of Breath, Agues, Inflammations, Swellings, St. Anthony's *Fire, Burnings, Cholerick, Puſhes, Piles, Inflammations in the Privities.*

Comfrey.

Deſcript.] *THE common great* Comfrey *hath divers very large hairy green Leaves lying on the Ground, ſo hairy, or prickly, that if they touch any tender Parts of the Hands, Face, or Body, it will cauſe it to itch; the Stalk that riſeth from among them, being two or three Foot high, hollow and cornered, is very hairy alſo, having many ſuch like Leaves as grow below, but leſſer and leſſer up to the Top: At the Joints of the Stalks it is divided into many Branches, with ſome Leaves thereon; and at the Ends ſtand many Flowers in order one above another, which are ſomewhat long and hollow like the Finger of a Glove, of a pale whitiſh Colour, after which come ſmall black*

black Seeds. The Roots are great and long, ſpreading great thick Branches under Ground, black on the out-ſide, and whitiſh within, ſhort and eaſy to break, and full of glutinous or clammy Juice, of little or no Taſte at all.

There is another Sort, in all Things like this, ſave only it is ſomewhat leſs, and beareth Flowers of a pale purple Colour.

Place.] They grow by Ditches and Water ſides, and in divers Fields that are moiſt, for therein they chiefly delight to grow. The firſt generally through all the Land, and the other but in ſome Places.

By the Leave of my Authors, I know the firſt grow often in dry Places.

Time.] They flower in *June* or *July*, and give their Seed in *Auguſt*.

Government and Virtues.] This is alſo an Herb of *Saturn*, and I ſuppoſe under the Sign *Capricorn*, cold, dry and earthy in Quality. What was ſpoken of Clowns Wound-wort, may be ſaid of this. The great Comfrey helpeth thoſe that ſpit Blood, or make a bloody Urine. The Root boiled in Water or Wine, and the Decoction drunk, helps all inward Hurts, Bruiſes, and Wounds, and Ulcers of the Lungs, cauſeth the Phlegm that oppreſſeth them to be eaſily ſpit forth: It cauſeth the Defluxion of Rheum from the Head upon the Lungs, the Fluxes of Blood or Humours by the Belly, Womens immoderate Courſes, as well the Reds as the Whites, and the running of the Reins, happening by what Courſe ſoever. A Syrup made thereof is very effectual for all thoſe inward Griefs and Hurts, and the diſtilled Water for the ſame Purpoſe alſo, and for outward Wounds and Sores, in the fleſhy or ſinewy Part of the Body whatſoever, as alſo to take away the Fits of Agues, and to allay the ſharpneſs of Humours. A Decoction of the Leaves hereof is available to all the Purpoſes, tho' not ſo effectual as the Roots. The Roots being outwardly applied, help freſh Wounds or Cuts immediately, being bruiſed and laid thereto; and is eſpecially good for Ruptures and broken Bones; yea it

Inward Wounds, and Bruiſes, Spitting, and Piſſing Blood, Ptyſick.

Bloody Flux, Terms ſtops, Whites, Nerves cut, Muſcles cut, ſharp Humours, Wounds, Ruptures, broken Bones, knotted Breaſts, Inflammation, Hæmorrhoids, Gout, pained Joints, Gangrenes.

is

is ſaid to be ſo powerful to conſolidate and knit together, that if they be boiled with diſſevered Pieces of Fleſh in a Pot, it will join them together again. It is good to be applied to Womans Breaſts that grow ſore by the Abundance of Milk coming into them. Alſo to repreſs the overmuch bleeding of the Hæmorrhoids, to cool the Inflammation of the Parts thereabouts, and to give Eaſe of Pains. The Roots of Comfry taken freſh, beaten ſmall, and ſpread upon Leather, and laid upon any Place troubled with the Gout, doth preſently give Eaſe of the Pains; and applied in the ſame Manner, giveth Eaſe to pained Joints, and profiteth very much for running and moiſt Ulcers, Gangrenes, Mortifications, and the like, for which it hath by often Experience been found helpful.

Coral-wort.

IT is alſo called by ſome, Tooth-wort, Tooth-Violet, Dog Teeth Violet, and Dentaria.

Deſcript.] *Of the many Sorts of this Herb two of them may be found growing in this Nation; the firſt of which ſhooteth forth one or two winged Leaves, upon long browniſh Foot-ſtalks, which are doubled down at their firſt coming out of the Ground; when they are fully opened, they conſiſt of ſeven Leaves, moſt commonly of a ſad green Colour, dented about the Edges, ſet on both Sides the middle Rib, one againſt another, as the Leaves of the Aſh Tree; the Stalk beareth no Leaves on the lower Half of it; the upper Half beareth ſometimes three or four, each conſiſting of five Leaves, ſometimes of three; on the Top ſtand four or five Flowers upon ſhort Foot-ſtalks, with long Huſks; the Flowers are very like the Flowers of Stock-Gilliflowers, of a pale purpliſh Colour, conſiſting of four Leaves a-piece, after which comes ſmall Cods, which contain the Seed; the Root is very ſmooth, white and ſhining; it doth not grow downwards, but creeping along under the upper Cruſt of the Ground, and conſiſteth of divers ſmall round Knobs ſet together; towards the Top of the Stalk there grows ſome ſingle Leaves, by each of which cometh a ſmall cloven Bulb, which when it is ripe, if it be ſet in the Ground, it will grow to be a Root.*

As for all the other Coral-wort, *which groweth in this Nation, 'tis more ſcarce than this, being a very ſmall Plant, not much unlike* Crow-foot; *therefore ſome think it to be one of the Sorts of* Crow-foot: *I know not where to direct you to it, therefore I ſhall forbear the Diſcription.*

Place.]

Place.] The firft groweth in *Mayfield* in *Suffex*, in a Wood called *Highread*, and in another Wood there alfo, called *Fox-Holes*.

Time.] They flower from the latter End of *April* to the Middle of *May*; and before the Middle of *July* they are gone, and not to be found.

Government and Virtues.] It is under the Dominion of the *Moon*. It cleanfeth the Bladder, and provoketh Urine, expels Gravel, and the Stone; it eafeth Pains in the Sides and Bowels, is excellent good for inward Wounds, efpecially fuch as are made in the Breaft or Lungs, by taking a Drachm of the Powder of the Root every Morning in Wine; the fame is excellent good for Ruptures, as alfo to ftop Fluxes; an Ointment made of it is excellent good for Wounds and Ulcers; for it foon dries up the watery Humours which hinder the Cure.

Dyfury, Stone, Sides, Gravel, Wounds in the Breaft and Lungs, Bowels, Fluxes, Ruptures, Wounds and Ulcers.

Coftmary, *or* Alcoft, *or* Balfam Herb.

THIS is fo frequently known to be an Inhabitant in almoft every Garden, that I fuppofe it needlefs to write a Defcription ther of.

Time.] It flowereth in *June* and *July*.

Government and Virtues.] It is under the Dominion of *Jupiter*. The ordinary *Coftmary*, as well as *Maudlin*, provoketh Urine abundantly, and moifteneth the Hardnefs of the Mother; it gently purgeth Choler and Phlegm, extenuating that which is grofs, and cutting that which is tough and glutinous; cleanfeth that which is foul, and hindereth Putrefaction and Corruption; it diffolveth without Attraction, openeth Obftructions, and helpeth their evil Effects, and it is a wonderful Help to all Sorts of dry Agues. It is aftringent to the Stomach, and ftrengtheneth the Liver, and all the other inward Parts; and taken in Whey worketh more effectually. Taken faffing in the Morning, it is very profitable for the Pains in the Head, that are continual,

Dyfury, Womb, Choler, Phlegm, Putrefaction, Corruption, Obftructions, Quotidian Agues, Stomach, Liver, raw Humours, Head-ach, Cachexia, Rheum, Worms, Ulcers.

nual, and to ſtay, dry up, and conſume all thin Rheums or Diſtillations from the Head into the Stomach, and helpeth much to digeſt raw Humours that are gathered therein. It is very profitable for thoſe that are fallen into a continual evil Diſpoſition of the whole Body, called *Cachexia*, being eſpecially in the beginning of the Diſeaſe. It is an eſpecial Friend, and Help to evil, weak, and cold Livers. The Seed is familiarly given to Children for the Worms, and ſo is the Infuſion of the Flower in White-Wine given them to the Quantity of two Ounces at a Time; it maketh an excellent Salve to cleanſe and heal old Ulcers, being boiled with Oil of Olive, and Adder's Tongue with it, and after it is ſtrained, put a little Wax, Roſin, and Turpentine, to bring it to a convenient Body.

Cudweed, *or* Cotton-weed.

BEſides *Cudweed*, and *Cotton-weed*, it is alſo called *Chaff-weed Dwarf-Cotton*, and *Petty-Cotton*.

Deſcript.] *The common* Cudweed *riſeth up with one Stalk ſometimes, and ſometimes with two or three, thick ſet on all Sides with ſmall, long and narrow, whitiſh or woody Leaves, from the Middle of the Stalk almoſt up to the Top, with every Leaf ſtandeth a ſmall Flower of a dun or browniſh yellow Colour, or not ſo yellow as others; in which Herbs, after the Flowers are fallen, come ſmall Seed wrapped up, with the Down therein, and is carried away with the Wind; the Root is ſmall and thready.*

There are other Sorts hereof, which are ſomewhat leſſer than the former, not much different, ſave only that the Stalks and Leaves are ſhorter, ſo the Flowers are paler and more open.

Place.] They grow in dry, barren, ſandy, and gravelly Grounds, in moſt Places of this Land.

Time.] They flower about *July*, ſome earlier, ſome later, and their Seed is ripe in *Auguſt*.

Government and Virtues.] *Venus* is Lady of it. The Plants are all aſtringent, or binding and drying, and therefore profitable for Defluxions of Rheum from the Head, and to ſtay Fluxes of Blood whereſoever, the Decoction being made into red Wine and drunk, or the Powder taken therein. It alſo helpeth the Bloody-flux, and eaſeth the

Bind, dry Fluxes, Terms, ill ſtopp'd Ruptures, Worms, Tineſmus, Wounds, Bleeding, Ulcers, Quinſy.

the Torments that come thereby, ſtayeth the immoderate Courſes of Women, and is alſo good for inward or outward Wounds, Hurts and Bruiſes, and helpeth Children both of Burſtings and the Worms, and the Diſeaſes called *Teneſmus*, which is an often Provocation to the Stool, and doing nothing, being either drunk or injected. The green Leaves bruiſed, and laid to any green Wound, ſtayeth the Bleeding, and healeth it up quickly. The Juice of the Herb taken in Wine and Milk is, as *Pliny* ſaith, a ſovereign Remedy againſt the Mumps and Quinſey; and further ſaith, that whoſoever ſhall ſo take it, ſhall never be troubled with that Diſeaſe again.

Cowſlips, *or* Peagles.

BOTH the Wild and Garden *Couſlips* are ſo well known, that I will neither trouble myſelf, nor the Reader with a Deſcription of them.

Time.] They flower in *April* and May.

Government and Virtues.] *Venus* lays claim to the Herb as her own, and it is under the Sign *Aries*, and our City Dames know well enough, the Ointment or diſtilled Water of it adds Beauty, or at leaſt reſtores it when it is loſt. The Flowers are held to be more effectual than the Leaves, and the Roots of little uſe. An Ointment being made with them, taketh away Spots and Wrinkles of the Skin, Sun burning, and Freckles, and adds Beauty exceedingly; they remedy all Infirmities of the Head coming of Heat and Wind; as Vertigo, Ephialtes, falſe Apparitions, Phrenſies, Falling-Sickneſs, Palſies, Convulſions, Cramps, Pains in the Nerves; the Roots eaſe Pains in the Back and Bladder, and open the Paſſages of Urine. The Leaves are good in Wounds, and the Flowers take away Trembling. If the Flowers be not well dried, and kept in a warm Place, they will ſoon putrefy and look green: Have a ſpecial Eye over them. If you let them ſee the *Sun* once a Month, it will do neither the *Sun* nor them Harm.

Spots, Wrinkles, Sunburn, Head, Heat, Convulſions, Wind, Vertigo, Cramps, Back, Beauty adds, Ephialtes, Wounds, Palſy, Bladder, Trembling, Phrenſies, Falling-Sickneſs.

Becauſe

Becauſe they ſtrengthen the Brain and Nerves, and remedy Palſies, the *Greeks* gave them the Name *Paralyſis:* The Flowers preſerved or conſerved, and the Quantity of a Nutmeg eaten every Morning, is a ſufficient Doſe for inward Diſeaſes; but for Wounds, Spots, Wrinkles, and Sunburning, an Ointment is made of the Leaves, and Hogsgreaſe.

Crab's-Claws.

CALLED alſo Water Sengreen, Knights Pond-Water, Water-Houſeleek, Pond-Weed, and Freſh-Water-Soldier.

Deſcription.] *It hath ſundry long narrow Leaves, with ſharp Prickles on the Edges of them alſo, very ſharp-pointed; the Stalks which bear Flowers ſeldom grow ſo high as the Leaves, bearing a forked Head like a Crab's-Claws, out of which comes a white Flower, conſiſting of three Leaves, with divers yellowiſh hairy Threads in the Middle; it taketh Root in the Mud in the Bottom of the Water.*

Place.] It groweth plentifully in the Fens in *Lincolnſhire.*

Time.] It flowers in *June*, and uſually from thence till *Auguſt.*

Government and Virtues.] 'Tis a Plant under the Dominion of *Venus*, and therefore a great Strengthner of the Reins; it is excellent good in that Inflammation which is commonly called St. *Anthony's* Fire; it aſſwageth all Inflammations, and Swellings in Wounds; and an Ointment made of it, is excellent good to heal them; there is ſcarce a better Remedy growing than this is, for ſuch as have bruiſed their Kidneys, and upon that Account piſſing Blood; a Dram of the Powder of the Herb taken every Morning, is a very good Remedy to ſtop the Terms.

Reins, St. Anthony's *Fire, Inflammations, and Swellings in Wounds, Kidneys bruiſed, piſſing Blood, Terms ſtops.*

Black-

Black-Cresses.

Descript.] *IT hath long Leaves, deeply cut and jagged on both Sides, not much unlike wild Mustard; the Stalks be small, very limber, tho' very tough; you may twist them round as you may a Willow, before they break. The Stones be very small and yellow, after which comes small Cods, which contain the Seed.*

Place.] It is a common Herb, grows usually by the Way-sides, and sometimes upon Mud-Walls about *London*, but it delights most to grow amongst Stones and Rubbish.

Time.] It flowers in *June* and *July*, and the Seed is ripe in *August* and *September*.

Government and Virtues.] 'Tis under the Dominion of *Mars*, and is a Plant of a hot and biting Nature; the Truth is, the Seed of Black-Cresses strengthens the Brain exceedingly, being, in performing that Office, little inferior to Mustard-seed, if at all; they are excellent good to stay those Rheums which may fall down from the Head upon the Lungs; you may beat the Seed into Powder, if you please, and make it up into an Electuary with Honey; so you have an excellent Remedy by you, not only for the Premises, but also for the Cough, Yellow Jaundice, and Sciatica. The Herb boiled into a Poultice, is an excellent Remedy for Inflammations both in Womens Breasts and Mens Testicles.

Brain, Rheums, Sciatica, Lungs, Cough, Yellow Jaundice, Inflammations in the Breast and Testicles.

Sciatica-Cresses.

Descript.] *THese are of two Kinds: The first riseth up with a round Stalk, about two Foot high, spread into divers Branches, whose lower Leaves are somewhat larger than the upper, yet all of them cut or torn on the Edges, somewhat like Garden Cresses, but smaller; the Flowers are small and white, growing at the Tops of Branches, where afterwards grow Husks, with small brownish Seed therein, very strong and sharp in Taste, more than the Cresses of the Garden; the Root is long, white, and woody.*

The

The other hath the lower Leaves, whole, fomewhat long and broad, not torn at all, but only fomewhat deeply dented about the Edges towards the Ends; but thofe that grow up higher are leffer. The Flowers and Seeds are like the former, and fo is the Root likewife, and both Root and Seed as fharp as it.

Place.] They grow by the Way-fides in untilled Places, and by the Sides of old Walls.

Time.] They flower in the End of *June*, and their Seed is ripe in *July*.

Government and Virtues.] It is a *Saturnine* Plant. The Leaves, but efpecially the Root, taken frefh in Summer-time, beaten or made into a Poultice or Salve with old Hog's-greafe, and applied to the Places pain'd with the Sciatica, to continue thereon four Hours, if it be on a Man, and two Hours on a Woman; the Place afterwards bath'd with Wine and Oil mix'd together, and then wrapped with Wool or Skins after they have fweat a little, will aſſuredly cure not only the fame Diſeaſe in Hips, Huckle-bone, or other of the Joints, as Gout in the Hands or Feet, but all other old Griefs of the Head, (as inveterate Rheums) and other Parts of the Body that are hard to be cured. And if of the former Griefs any Parts remain, the fame Medicine after twenty Days is to be applied again. The fame is alſo effectual in the Diſeaſe of the Spleen; and applied to the Skin, it taketh away the Blemiſhes thereof, whether they be Scars, Leproſy, Scabs, or Scurf, which altho' it ulcerate the Part, yet that is to be helped afterwards with a Salve made of Oil and Wax. Eſteem this as another Secret.

Sciatica, Head-ach, Gout, Rheums.

Spleen, Scars, Scab, Leproſy, Scurf.

Water-Creſſes.

Deſcript.] *OUR ordinary* Water-Creſſes *ſpread forth with many weak, hollow, ſappy Stalks, ſhooting out Fibres at the Joints, and upwards long winged Leaves made of ſundry broad ſappy almoſt round Leaves, of a browniſh Colour. The Flowers are many and white, ſtanding on long Foot-ſtalks, after which come ſmall yellow Seed contain'd in ſmall long Pods like Horns. The whole Plant abideth green in the Winter, and taſteth ſomewhat hot and ſharp.*

Place.]

Place.] They grow (for the moſt Part) in ſmall ſtanding Waters, yet ſometimes in ſmall Rivulets of running Water.

Time.] They flower and ſeed in the beginning of Summer.

Government and Virtues.] It is an Herb under the Dominion of the Moon. They are more powerful againſt the Scurvy, and to cleanſe the Blood and Humours, than Brook-lime is, and ſerve in all the other uſes in which Brook-lime is available, as to break the Stone, and provoke Urine and Women's Courſes. The Decoction thereof cleanſeth Ulcers, by waſhing them therewith. The Leaves bruiſed, or the Juice is good to be applied to the Face or other Parts troubled with Freckles, Pimples, Spots, or the like, at Night, and waſhed away in the Morning. The Juice mixed with Vinegar, and the forepart of the Head bathed therewith, is very good for thoſe that are dull and drowſy, or have the Lethargy.

Scurvy, Blood, Stone, Humours, Dyſury, Ulcers, Terms provokes, Freckles, Pimples, Lethargy, Dulneſs, Spots.

Water-Creſs Pottage, is a good Remedy to cleanſe the Blood in the Spring, and help Head-achs, and conſume the groſs Humours Winter hath left behind; thoſe that would live in Health, may uſe it if they pleaſe, if they will not, I cannot help it. If any fancy not Pottage, they may eat the Herb as a Sallet.

Croſs-wort.

Decript.] COmmon *Croſs-wort* groweth up with ſquare hairy brown Stalks little above a Foot high, having four ſmall broad and pointed, hairy, yet ſmooth green Leaves, growing at every Joint, each againſt other croſs-way, which has cauſed the Name. Towards the Tops of the Stalks at the Joints, with the Leaves in three or four rows downwards, ſtand ſmall, pale, yellow Flowers, after which come ſmall blackiſh round Seeds, four for the moſt Part, ſet in every Huſk. The Root is very ſmall, and full of Fibres, or Threads, taking good hold of the Ground, and ſpreading with the Branches a great deal of Ground, which periſh not in Winter, although the Leaves die every Year, and ſpring again anew.

Place.] It groweth in many moiſt Grounds, as well Meadows as untilled Places about *London*, in *Hampſtead* Churchyard, at *Wye* in *Kent*, and ſundry other Places.

Time.]

Time.] It flowereth from *May* all the Summer long, in one Place or other, as they are more open to the *Sun*; the Seed ripeneth ſoon after.

Government and Virtues.] It is under the Dominion of *Saturn*. This is a ſingular good Wound Herb, and is uſed inwardly, not only to ſtay bleeding of Wounds, but to conſolidate them, as it doth outwardly any green Wound, which is quickly ſodereth up and healeth. The Decoction of the Herb in Wine, helpeth to expectorate Phlegm out of the Cheſt, and is good for Obſtructions in the Breaſt, Stomach or Bowels, and helpeth a decay'd Appetite. It is alſo good to waſh any Wound or Sore with, to cleanſe and heal it. The Herb bruiſed, and then boiled, and applied outwardly for certain Days together, renewing it often; and in the mean Time, the Decoction of the Herb in Wine, taken inwardly every Day, doth certainly cure the Rupture in any, ſo as it be not too inveterate; but very ſpeedily, if it be freſh and lately taken.

Wounds inward and outward, Phlegm, Obſtructions, Stomach, Bowels, Ruptures.

Crow-Foot.

MANY are the Names this furious biting Herb hath obtained, almoſt enough to make up a *Welſhman*'s Pedigree, if he fetch no farther than *John* of *Gaunt*, or *William* the Conqueror; for it is called *Frog's-foot*, from the *Greek* Name *Barrakion:* Crow-foot, Gold-Knobs, Gold-Cups, King's-knob, Baffiners, Troil-flowers, Polts, Locket-goulions, and Butter-flowers.

Abundance are the Sorts of this Herb, that to deſcribe them all, would tire the Patience of *Socrates* himſelf; but becauſe I have not yet attained to the Spirit of *Socrates*, I ſhall but deſcribe the moſt uſual.

Deſcript.] The moſt common *Crow-foot* hath many dark green Leaves, cut into divers Parts, in Taſte biting and ſharp, biting and bliſtering the Tongue; it bear many Flowers, and thoſe of a bright, reſplendent, yellow Colour. I do not remember, that I ever ſaw any thing yellower. Virgins in ancient Time uſed to make Powder of them to furrow Bride Beds; after which Flowers, come ſmall Heads, ſome ſpiked and rugged like a *Pine-Apple.*

Place.]

Place.] They grow very common every where; unleſs you turn your Head into a Hedge, you cannot but ſee them as you walk.

Time.] They flower in *May* and *June*, even till *September*.

Government and Virtues.] This fiery and hot ſpirited Herb of *Mars*, is no way fit to be given inwardly, but an Ointment of the Leaves or Flowers will draw a Bliſter, and may be ſo ſitly applied to the Nape of the Neck, to draw back Rheum from the Eyes. The Herb being bruiſed, and mixed with a little Muſtard, draws a Bliſter as well, and as perfectly as *Cantharides*, and with far leſs Danger to the Veſſels of Urine, which *Cantharides* naturally delight to wrong: I knew the Herb once applied to a Peſtilential Riſing that was fallen down, and it ſaved Life even beyond Hope; it were good keeping an Ointment and Plaiſter of it, if it were but for that.

Cuckow-point.

IT is called *Alron*, *Janus*, and *Barba-aron*, *Calves-foot*, *Ramp*, *Starch-wort*, *Cuckow-pintle*, *Prieſts-pintle*, and *Wake Robin*.

Deſcript.] This ſhooteth fourth three, four or five Leaves at the moſt, from one Root, every one whereof, is ſomewhat large and long, broad at the Bottom, next the Stalk, and forked, but ending in a Point, without a Cut on the Edges, of a full green Colour, each ſtanding upon a thick round Stalk, of a Handful Breadth long, or more, among which, after two or three Months that they begin to wither, riſeth up a bare, round, whitiſh, green Stalk, ſpotted and ſtreaked with Purple, ſomewhat higher than the Leaves: At the Top whereof ſtandeth a long, hollow Houſe or Huſk, cloſe at the Bottom, but open from the Middle upwards, ending in a Point; in the Middle whereof ſtand the ſmall, long Peſtle or Clapper, ſmaller at the Bottom than at the Top, of a dark purple Colour, as the Huſk is on the Inſide, though green without; which after it hath ſo abided for ſome Time, the Huſk with the Clapper decayeth, and the Foot or Bottom thereof, groweth to be a ſmall long Bunch of Berries, green at the firſt, and of a yellowiſh red Colour when they are ripe, of the Bigneſs of a Hazel-Nut Kernel, which abideth thereon almoſt until Winter; the Root is round, and ſomewhat long, for the moſt part lying along, the Leaves ſhooting forth at the bigger End, which when it beareth his Berries, are ſomewhat wrinkled and looſe, another growing under it, which is ſolid and firm, with many ſmall Threads

Threads hanging thereat. The whole Plant is of a very sharp, biting Taste, pricking the Tongue as Nettles do the Hands, and so abideth for a great while without Alteration. The Root hereof was anciently used instead of Starch to starch Linnen withal.

There is another Sort of *Cuckow-pint*, with lesser Leaves than the former, and sometimes harder, having blackish Spots upon them, which for the most part abide longer green in Summer than the former, and both Leaves and Roots are more sharp and fierce than it: In all Things else it is like the former.

Place.] These two Sorts grow frequently almost under every Hedge-side in many Places of this Land.

Time.] They shoot forth Leaves in the Spring, and continue but until the Middle of Summer, or somewhat later; their Husks appearing before they fall away; and their Fruit shewing in *April*.

Government and Virtues.] It is under the Dominion of *Mars*. *Tragus* reporteth, That a Drachm Weight, or more, if need be, of the spotted *Wake Robin*, either fresh and green, or dried, being eaten and taken, is a most present and sure Remedy for Poison and the Plague. The Juice of the Herb taken to the Quantity of a Spoonful hath the same Effect. But if there be a little Vinegar added thereunto, as well as unto the Root aforesaid, it somewhat allayeth the sharp biting Taste thereof upon the Tongue. The green Leaves bruised, and laid upon any Boil or Plague-sore, doth wonderfully help to draw forth the Poison: A Drachm of the Powder of the dried Root taken with twice so much Sugar in the Form of a licking Electuary, or the green Root, doth wonderfully help those that are pursy and short-winded, as also those that have a Cough; it breaketh, digesteth, and riddeth away Phlegm from the Stomach, Chest, and Lungs. The Milk wherein the Root hath been boil'd is effectual also for the same Purpose. The said Powder taken in Wine or other Drink, or the Juice of the Berries, or the Powder of them, or the Wine wherein they have been boiled; provoketh Urine, and bringeth down Womens Courses, and purgeth them effectually after Child-bearing, to bring away the After-birth. Taken with Sheeps-Milk, it healeth the inward Ulcers of the

Poison, Plague, Boil, Difficulty of Breath, Cough.

Flegm, Dysury, Terms provokes, After-birth, Ulcers, Itch, Ruptures, Polypus, Eyes, Throat, Jaws, Gout, Piles or Hæmorrhoids Funda-

the Bowels. The distilled Water thereof is effectual to all the Purposes aforesaid. A Spoonful taken at a time healeth the Itch; and an Ounce or more taken at a time, for some Days together, doth help the Rupture: The Leaves, either green or dry, or the Juice of them, doth cleanse all manner of rotten and filthy Ulcers, in what part of the Body soever; and healeth the stinking Sores in the Nose, called *Polypus*. The Water wherein the Root hath been boiled, dropped into the Eyes, cleanseth them from any Film or Skin, Cloud or Mists, which begin to hinder the Sight, and helpeth the Watering and Redness of them; or when, by some Chance, they become black and blue. The Root mix'd with Bean-flour, and applied to the Throat or Jaws that are inflamed, helpeth them. The Juice of the Berries boiled in Oil of Roses, or beaten into Powder mixed with the Oil, and dropped into the Ears, easeth Pains in them. The Berries, or the Roots beaten with hot Ox-dung and applied, easeth the Pains of the Gout. The Leaves and Roots boiled in Wine with a little Oil, and applied to the Piles, or the Falling down of the Fundament, easeth them; and so doth Sitting over the hot Fumes thereof. The fresh Roots bruised, and distilled with a little Milk, yieldeth a most sovereign Water to cleanse the Skin from *Scurf, Freckles, Spots,* or *Blemishes* whatsoever therein.

ment falling down, Scurf, Freckles, Spots, Blemishes.

Authors have left large Commendations of this Herb, you see; but for my part, I have neither spoken with Dr. *Reason*, nor Dr. *Experience* about it.

Cucumbers, *or (according to the Pronunciation of the Vulgar)* Cowcumbers.

Government and Virtues.] THere is no Dispute to be made, but that they are under the Dominion of the *Moon*, tho' they are so much cried out against for their Coldness, and if they were but one Degree colder they would be Poison. The best of Galenists hold them to be cold and moist in the second Degree, and then not so hot as either Lettuces or Purslain: They are excellent good for a hot Stomach, and hot Liver; the unmeasurable Use of them fills the Body full of raw Humours

Stomach hot, Liver hot, Humours raw, Skin cleanseth, hot Rheums in the Eyes

provokes Urine, and cleanſes the Paſſages, Ulcers in the Bladder, Red Face, Sun-burning, Freckles, Morphew.

and ſo indeed the unmeaſurable Uſe of any thing elſe doth Harm. The Juice of Cucumbers, the Face being waſhed with it, cleanſeth the Skin, and is excellent good for hot Rheums in the Eyes; the Seed is excellent good to provoke Urine, and cleanſeth the Paſſages thereof when they are the ſtopped. Neither do I think there is a better Remedy for Ulcers in the Bladder growing, than Cucumbers are. The uſual Courſe is, to uſe the Seeds in Emulſions, as they make Almond Milk; but a better Way far (in my Opinion) is this: When the Seaſon of the Year is, to take the Cucumbers and bruiſe them well, and diſtil the Water from them, and let ſuch as are troubled with Ulcers in the Bladder drink no other Drink. The Face being waſhed with the ſame Water, cureth the reddeſt Face that is; it is alſo excellent good for Sun-burning, Freckles, and Morphew.

Daiſies.

THeſe alſo are ſo well known almoſt to every Child, that I ſuppoſe it altogether needleſs to write any Deſcription of them. Take therefore the *Virtues* of them as followeth.

Government and Virtues.] The Herb is under the Sign *Cancer*, and under the Dominion of *Venus*, and therefore excellent good for Wounds in the Breaſt, and very fitting to be kept both in Oils, Ointments, and Plaiſters, as alſo in Syrup. The greater wild *Daiſy* is a Wound Herb of good Reſpect, often uſed in thoſe Drinks or Salves that are for Wounds, either inward or outward. The Juice or diſtilled Water of theſe, or the ſmall *Daiſy*, doth much temper the Heat of Choler, and refreſh the Liver, and the other inward Parts. A Decoction made of them, and drunk, helpeth to cure the Wounds made in the Hollowneſs of the Breaſt. The ſame alſo cureth all Ulcers and Puſtules in the Mouth or Tongue, or in the ſecret Parts. The Leaves bruiſed and applied to the Cods, or to any other Parts that are ſwoln and hot, doth diſſolve it, and temper the Heat. A Decoction made thereof, of Wallwort and Agrimony, and the Places fomented or bathed therewith

Wounds inward and outward, Choler, Liver, Breaſt, Ulcers, Swelling, Kernels, Bruiſes, Falls, Ruptures, Burnings, Inflammations.

with warm, giveth great Eaſe to them that are troubled with the Palſy, Sciatica, or the Gout. The ſame alſo diſperſeth and diſſolveth the Knots or Kernels that grow in the Fleſh of any Part of the Body, and Bruiſes and Hurts that come of Falls and Blows; they are alſo uſed for Ruptures, and other inward Burnings, with very good Succeſs. An Ointment made hereof doth wonderfully help all Wounds that have Inflammations about them, or by reaſon of moiſt Humours having Acceſs unto them, are kept long from healing; and ſuch are thoſe, for the moſt part, that happen to Joints of the Arms or Legs. The Juice of them dropped into the running Eyes of any, doth much help them.

Dandelion, *vulgarly called* Piſs-a-Beds.

Deſcript.] *IT is well known to have many long and deep gaſhed Leaves, lying on the Ground round about the Head of the Roots; the Ends of each Gaſh or Jog, or both Sides looking downwards towards the Roots; the middle Rib being white, which being broken, yieldeth abundance of bitter Milk, but the Root much more; from among the Leaves, which always abide green, ariſe many ſlender, weak, naked Foot-ſtalks, every one of them bearing at the Top one large yellow Flower conſiſting of many rows of yellow Leaves, broad at the points and nicked in with deep Spots of yellow in the Middle, which growing ripe, the green Huſk wherein the Flowers ſtood turns itſelf down to the Stalk, and the Head of Down becomes as round as a Ball; with long reddiſh Seed underneath, bearing a Part of the Down on the Head of every one, which together is blown away with the Wind, or may be at once blown away with one's Mouth. The Root growing downwards exceeding deep, which being broken off within the Ground, will yet ſhoot forth again, and will hardly be deſtroyed where it hath once taken deep Root in the Ground.*

Place.] It groweth frequently in all Medows and Paſture-grounds.

Time.] It flowereth in one Place or other almoſt all the Year long.

Government and Virtues.] It is under the Dominion of *Jupiter*. It is of an opening and cleanſing Quality, and therefore very effectual for the Obſtructions of the Liver, Gall, and Spleen, and the Diſeaſes that ariſe from them, as the Jaundice, and Hypochondriacal Paſſions. It wonderful-

Openeth, Cleanſeth Obſtructions, Liver,

Gall, Spleen, Jaundice, Hypochondriacal Melancholy, Dyſury, Conſumption, Cachexia, Watching, Heat, Agues, Peſtilence.

ly openeth the Paſſages of the Urine both in young and old. It powerfully cleanſeth Apoſthumes and inward Ulcers in the Urinary Paſſage, and, by its drying and temperate Quality, doth afterwards heal them; for which Purpoſe the Decoction of the Roots or Leaves in White-wine, or the Leaves chopped as Pot-herbs, with a few Aliſanders, and boiled in their Broth, are very effectual. And whoſo is drawing towards a Conſumption, or an evil Diſpoſition of the whole Body, called *Cachexia*, by the Uſe hereof for ſome Time together, ſhall find a wonderful Help. It helpeth alſo to procure Reſt and Sleep to Bodies diſtempered by the Heat of Ague-Fits, or otherwiſe: The Diſtilled Water is effectual to drink in Peſtilential Fevers, and to waſh the Sores.

You ſee here what Virtues this common Herb hath, and that's the Reaſon the *French* and *Dutch* ſo often eat them in the Spring; and now, if you look a little farther, you may ſee plainly, without a Pair of Spectacles, that Foreign Phyſicians are not ſo ſelfiſh as ours are, but more communicative of the Virtues of Plants to People.

Darnel.

IT is called *Jury* and *Wray*; in *Suſſex* they call it *Crop*, it being a peſtilent Enemy amongſt Corn.

Deſcript.] *This hath all the Winter long, ſundry long, flat, and rough Leaves, which, when the Stalk riſeth, which is ſlender and jointed, are narrower, but rough ſtill; on the Top groweth a long Spike, compoſed of many Heads ſet one above another, containing two or three Huſks, with ſharp but ſhort Beards of Awns at the End; the Seed is eaſily ſhaked out of the Ear, the Huſk itſelf being ſomewhat rough.*

Place.] The Country Huſbandmen do know this too well to grow among their Corn, or in the Borders and Pathways of the other Fields that are fallow.

Government and Virtues.] It is a malicious Plant of ſullen *Saturn*. As it is not without ſome Vices, ſo hath it alſo many Virtues. The Meal of *Darnel* is very good to ſtay Gangrenes, and other ſuch like fretting and eating Cankers, and putrid

Gangrenes, Cankers, Leproſy, Morphew,

putrid Sores: It alſo cleanſeth the Skin of all Leproſies, Morphews, Ring-worms, and the like, if it be uſed with Salt and Raddiſh Roots. And being uſed with quick Brimſtone and Vinegar, it diſſolveth Knots and Kernels, and breaketh thoſe that are hard to be diſſolved, being boiled in Wine with Pigeons-dung and Linſeed: A Decoction thereof made with Water and Honey, and the Places bathed therewith, is profitable for the Sciatica. *Darnel* Meal applied in a Poultice draweth forth Splinters and broken Bones in the Fleſh: The red *Darnel*, boiled in Red Wine and taken, ſtayeth the Laſk and all other Fluxes, and Women's Bloody Iſſues; and reſtraineth Urine that paſſeth away too ſuddenly.

Ringworms, Sciatica, Thorns, Splinters, broken Bones, Diabetes.

Dill.

Deſcript.] *THE common* Dill *groweth up with ſeldom more than one Stalk, neither ſo high, nor ſo great uſually as Fennel, being round and fewer Joints thereon, whoſe Leaves are ſadder, and ſomewhat long, and ſo like Fennel that it deceiveth many, but harder in handling, and ſomewhat thicker, and of a ſtronger unpleaſant Scent: The Tops of the Stalks have four Branches, and ſmaller Umbels of yellow Flowers, which turn into ſmall Seed, ſomewhat flatter and thinner than Fennel-ſeed. The Root is ſomewhat ſmall and woody, periſheth ever Year after it hath borne Seed; and is alſo unprofitable, being never put to any Uſe.*

Place.] It is moſt uſually ſown in Gardens and Grounds for the Purpoſe, and is alſo found wild in many Places.

Government and Virtues.] *Mercury* hath the Dominion of this Plant, and therefore to be ſure it ſtrengthens the Brain. The Dill being boiled and drunk, is good to eaſe Swellings and Pains; it alſo ſtayeth the Belly and Stomach from caſting. The Decoction thereof helpeth Women that are troubled with the Pains and Windineſs of the Mother, if they ſit therein. It ſtayeth the Hiccough, being boiled in Wine, and but ſmelled unto, being tied in a Cloth. The Seed is of more Uſe than the Leaves, and more effectual to digeſt raw and viſcous Humours, and is uſed in Medicines that

Swelling, Pain, Looſeneſs, Vomiting, Mother, Hiccough, raw Humours.

Wind, Impoſthumes, Ulcers, Terms provokes.

ſerves to expel Wind and the Pains proceeding therefrom. The Seed, being roaſted or fried, and uſed in Oils or Plaiſters, diſſolve the Impoſthumes in the Fundament; and drieth up all moiſt Ulcers, eſpecially in the Fundament; an Oil made of Dill is effectual to warm, or diſſolve Humours and Impoſtumes, to eaſe Pains, and to procure Reſt. The Decoction of Dill, be it Herb or Seed (only if you boil the Seed you muſt bruiſe it) in White-wine, being drunk, it is a gallant Expeller of Wind, and Provoker of the Terms.

Devil's-Bit.

Deſcript.] *THIS riſes up with a round green ſmooth Stalk, about two Foot high, ſet with divers long and ſomewhat narrow, ſmooth, dark green Leaves, ſomewhat ſnip'd about the Edges, for the moſt part, being elſe all whole, and not divided at all, or but very ſeldom, even to the tops of the Branches, which yet are ſmaller than thoſe below, with one Rib only in the Middle. At the End of each Branch ſtandeth a round Head of many Flowers ſet together in the ſame Manner, or more neatly than Scabious, and of a more bluiſh purple Colour, which being paſt, there followeth Seed that falleth away. The Root is ſomewhat thick, but ſhort and blackiſh, with many Strings, abiding after Seed-Time many Years. This Root was longer, until the Devil (as the Friars ſay) bit away the reſt of it for Spight, envying its Uſefulneſs to Mankind; for ſure he was not troubled with any Diſeaſe for which it is proper.*

A Learned Tale coſt a dull Friar ſeven Years Study.

There are two other Sorts hereof, in nothing unlike the former, ſave that the one beareth white, and the other bluſh-coloured Flowers.

Place.] The firſt groweth as well in dry Meadows and Fields, as moiſt, in many Places of this Land: But the other two are more rare, and hard to be met with, yet they are both found growing wild about *Appledore*, near *Rye* in *Kent*.

Time.] They flower not uſually until *Auguſt*.

Government and Virtues.] The Plant is Venereal, pleaſing and harmleſs. The Herb or the Root (all that the Devil hath left of it) being boiled in Wine, and drunk, is very powerful

ful againſt the Plague, and all Peſtilential Diſeaſes or Fevers, Poiſons alſo, and the Bitings of Venomous Beaſts: It helpeth alſo thoſe that are inwardly bruiſed by any Caſualty, or outwardly by Falls or Blows, diſſolving the clotted Blood; and the Herb or Root beaten and outwardly applied, taketh away the black and blue Marks that remain in the Skin. The Decoction of the Herb, with Honey of Roſes put therein, is very effectual to help the inveterate Tumours and Swellings of the Almonds and Throat, by often gargling the Mouth therewith. It helpeth alſo to procure Womens Courſes, and eaſeth all Pains of the Mother, and to break and diſcuſs Wind therein, and in the Bowels. The Powder of the Root taken in Drink, driveth forth the Worms in the Body. The Juice, or diſtilled Water of the Herb, is effectual for green Wounds, or old Sores, and cleanſeth the Body inwardly, and the Seed outwardly from Sores. Surf, Itch, Pimples, Freckles, Morphew, or other Deformities thereof, eſpecially if a little Vitriol be diſſolved therein.

Peſtilence, Fevers, Poiſons, Venomous Beaſts, Bruiſes, Falls, Clotted Blood, Swellings of the Throat, Mother, Wind, Scurf, Worms, Wounds, Itch.

Dandruff, Pimples, Freckles.

Dock.

MAny Kinds of theſe are ſo well known, that I ſhall not trouble you with a Deſcription of them: My Book grows big too faſt.

Government and Virtues.] All *Docks* are under *Jupiter*, of which the Red Dock, which is commonly called *Blood-wort*, cleanſeth the Blood, and ſtrengthens the Liver; but the yellow Dock-Root is beſt to be taken when either the Blood or Liver is affected by Choler. All of them have a kind of cooling (but not all alike) drying Quality, the Sorrel being moſt cold, and the Blood-worts moſt drying. Of the Burdock I have ſpoken already by himſelf. The Seed of moſt of the other Kinds, whether the Garden or Fields, do ſtay Laſks and Fluxes of all Sorts, the loathing of the Stomach through Choler, and is helpful for thoſe that ſpit Blood. The Roots boiled in Vinegar helpeth the Itch, Scabs, and

Cleanſing the Blood, ſtrengthens the Liver.

Flux, loathing of Meat, ſpitting Blood, Scabs, Itch, Freckles, Morphew.

breaking out of the Skin, if it be bathed therewith. The diſtilled Water of the Herb and Roots have the ſame Virtue, and cleanſeth the Skin from Freckles, Morphew, and all other Spots, and Diſcolourings therein.

All *Docks* being boiled with Meat, make it boil the ſooner: Beſides, Blood-wort is exceeding ſtrengthening to the Liver, and procures good Blood, being as wholeſome a Pot-herb as any grows in a Garden; yet ſuch is the Nicety of our Times (forſooth) that Women will not put it into a Pot, becauſe it makes the Pottage black; Pride and Ignorance (a couple of Monſters in the Creation) preſerving Nicety before Health.

Dodder of Thyme, Epithymum, and other Dodders.

Deſcript.] *THIS firſt from Seed giveth Roots in the Ground, which ſhooteth forth Threads or Strings, groſſer or finer, as the Property of the Plant wherein it groweth, and the Climate doth ſuffer, creeping and ſpreading on that Plant whereon it faſtneth, be it high or low. The Strings have no Leaves at all upon them, but wind and interlace themſelves ſo thick upon a ſmall Plant, that it taketh away all Comfort of the Sun from it; and is ready to choak or ſtrangle it. After theſe Strings are riſen up to that Height, that they may draw Nouriſhment from the Plant, they ſeem to be broken off from the Ground, either by the Strength of their riſing, or withered by the Heat of the Sun. Upon theſe Strings are found Cluſters of ſmall Heads or Huſks, out of which ſhoot forth whitiſh Flowers, which afterwards give ſmall pale-coloured Seed, ſomewhat flat, and twice as big as Poppy-ſeed. It generally participates of the Nature of the Plant which it climbeth upon; but the Dodder of Thyme is accounted the beſt, and is the only true Epithymum.*

Government and Virtues.] All *Dodders* are under *Saturn*. Tell not me of Phyſicians crying up Epithymum, or that *Dodder* which grows upon Thyme, (moſt of which comes from *Hemetius* in *Greece*, or *Hybla* in *Sicily*, becauſe thoſe Mountains abound with Thyme) he is a Phyſician indeed, that hath Wit enough to chuſe his *Dodder*, according to the Nature of the Diſeaſe and Humour peccant. We confeſs, Thyme is the hotteſt Herb it uſually grows upon; and therefore that which grows upon Thyme, is hotter than that which

grows

grows upon colder Herbs; for it draws Nourifhment from what it grows upon, as well as from the Earth where its Root is, and thus you fee old *Saturn* wife enough to have two Strings to his Bow. This is accounted the moft effectual for Melancholick Difeafes, and to purge black or burnt Choler, which is the Caufe of many Difeafes of the Head and Brain, as alfo for the Trembling of the Heart, Faintings, and Swoonings. It is helpful in all Difeafes and Griefs of the Spleen, and that Melancholy, that arifes from the Windinefs of the Hypochondria. It purgeth alfo the Reins or Kidneys by Urine; it openeth Obftructions of the Gall, whereby it profiteth them that have the Jaundice; as alfo the Leaves the Spleen: Purging the Veins of the Cholerick and Phlegmatick Humours, and helpeth Children in Agues, a little Worm-Seed being put thereto.

Melancholy, aduft Choler, Trembling, Fainting, Swooning, Spleen, Hypochondria, Obftructions of the Gall, Jaundice, Liver, Dyfury.

The other *Dodders* do (as I faid before) participate of the Nature of thofe Plants whereon they grow: As that which hath been found growing upon Nettles in the Weft-Country, hath by Experience been found very effectual to procure Plenty of Urine, where it hath been ftopped or hindered. And fo of the reft.

Sympathy and Antipathy are two Hinges upon which the whole Model of Phyfick turns; and that Phyfician which minds them not, is like a Door off from the Hooks, more like to do a Man Mifchief, than to fecure him. Then all the Difeafes *Saturn* caufeth, this helps by Sympathy, and ftrengthens all the Parts of the Body he rules; fuch as be caufed by *Sol*, it helps by Antipathy. What thofe Difeafes are, fee my Judgment of Difeafes by Aftrology; and if you be pleafed to look the Herb Wormwood, you fhall find a rational Way for it.

Dogs-Grafs, Quich-Grafs, *or* Couch-Grafs.

Defcript.] *IT is well known, that this Grafs creepeth far about under Ground, with long white jointed Roots, and fmall Fibres almoft at every Joint, very fweet in Tafte, as the reft of the Herb is, and interlacing one another, from whence fhoot forth many fair graffy Leaves, fmall at the Ends, and cutting or fharp on the Edges. The Stalks are jointed like*

Corn, with the like Leaves on them, and a large ſpiked Head with a long Huſk in them, and hard rough Seed in them. If you know it not by this Deſcription, watch the Dogs when they are ſick, and they will quickly lead you to it.

Place.] It groweth commonly through this Land, in divers ploughed Grounds, to the no ſmall Trouble of the Husbandmen, as alſo of the Gardeners, in Gardens to weed it out, if they can; for it is a conſtant Cuſtomer to the Place it gets Footing in.

Government and Virtues.] 'Tis a gentle Remedy under the Dominion of *Jupiter*. This is moſt medicinable of all the Quick-graſſes. Being boiled and drunk, it openeth Obſtructions of the Liver and Gall, and the ſtopping of Urine, and eaſeth the griping Pains of the Belly, and Inflammations; waſteth the Matter of the Stone in the Bladder, and the Ulcers thereof alſo. The Roots bruiſed and applied, do conſolidate Wounds. The Seed doth more powerfully expel Urine, and ſtayeth the Laſk and Vomiting. The diſtilled Water alone, or with a little Wormſeed, killeth the Worms in Children.

Liver, Gall, Dyſury, Griping, Inflammations, Ulcers in the Bladder, Wounds, Vomitings, Worms, Stoppings.

The Way of Uſe is to bruiſe the Roots, and having well boiled 'em in White-wine, drink the Decoction: 'Tis opening, but not purging, very ſafe: 'Tis a Remedy againſt all Diſeaſes coming of ſtopping, and ſuch are half thoſe that are incident to the Body of Man; and altho' a Gardener be of another Opinion, yet a Phyſician holds half an Acre of them to be worth five Acres of Carrots twice told over.

Doves-foot, *or* Cranes-bill.

Deſcript.] *THIS hath divers ſmall, round, pale green Leaves, cut in about the Edges, much like Mallows ſtanding upon long, reddiſh, hairy Stalks, lying in a round Compaſs upon the Ground; among which riſe up two, or three, or more reddiſh jointed, ſlender, weak, hairy Stalks, with ſuch like Leaves thereon, but ſmaller, and more cut in up to the Tops, where grow many very ſmall bright red Flowers of five Leaves a-piece; after which follow ſmall Heads, with ſmall ſhort Beaks pointed forth, as all other Sorts of theſe Herbs do.*

Place.]

Place.] It groweth in Pafture Grounds, and by the Path-fides in many Places, and will alfo be in Gardens.

Time.] It flowereth in *June*, *July*, and *Auguft*, fome earlier and fome later; and the Seed is ripe quickly after.

Government and Virtues.] It is a very gentle, though Martial Plant. It is found by Experience to be fingular good for the Wind-Cholick, and Pains thereof; as alfo to expel the Stone and Gravel in the Kidneys. The Decoction thereof in Wine, is an excellent good Cure for thofe that have Inward Wounds, Hurts, or Bruifes, both to ftay the Bleeding, to diffolve and expel the congealed Blood, and to heal the Parts, as alfo to cleanfe and heal outward Sores, Ulcers, and Fiftula's; and for green Wounds, many do but bruife the Herb, and applying it to the Place, and it healeth them quickly. The fame Decoction in Wine fomented to any Place pained with the Gout, or to Joint-aches, or Pain of the Sinews, giveth much Eafe. The Powder or Decoction of the Herb taken for fome Time together, is found by Experience to be fingular good for Ruptures and Burftings in People either young or old.

Cholick, Blood, Gravel, Wounds.

Congealed Blood, Sores, Ulcers, Fiftula's, Gout, Sinews, Ruptures.

Ducks-meat.

THIS is fo well known to fwim on the Top of ftanding Waters; as Ponds, Pools, and Ditches, that it is needlefs further to defcribe it.

Government and Virtues.] *Cancer* claims the Herb, and the *Moon* will be Lady of it; a Word is enough to a wife Man. It is effectual to help Inflammations, and St. *Anthony*'s Fire, as alfo the Gout, either applied by itfelf, or in a Poultice with Barley-Meal. The diftilled Water by fome is highly efteemed againft all inward Inflammations, and Peftilent Fevers; as alfo to help the Rednefs of the Eyes, and Swellings of the Cods, and of the Breafts before they be grown too much. The freth Herb applied to the Forehead, eafeth the Pains of the Head-ach coming of Heat.

Inflammations, St. Anthony's Fire, Peftilence, Eyes, Swellings of the Cods, Head-ach.

Down,

Down, *or* Cotton-Thiftle.

Defcript.] *THIS hath large Leaves lying on the Ground, fomewhat cut in, and as it were crumpled on the Edges, of a green Colour on the upper Side, but covered with long hairy Wool, or Cotton Down, fet with moft fharp and cruel Pricks, from the Middle of whofe Heads of Flowers, thruft forth many purplifh crimfon Threads, and fometimes (although very feldom) white ones. The Seed that followeth in the Heads, lying in a great deal of white Down, is fomewhat large, long, and round, like the Seed of Ladies Thiftle, but fomewhat paler. The Root is great and thick, fpreading much, yet it ufually dieth after Seed-time.*

Place.] It groweth in divers Ditches, Banks, and in Corn-Fields, and High-ways, generally every where throughout the Land.

Time.] It flowereth and beareth Seed about the End of Summer, when other Thiftles do flower and feed.

Government and Virtues.] *Mars* owns the Plant, and manifefts to the World, that though it may hurt your Finger, it will help your Body; for I fancy it much for the enfuing Virtues. *Pliny* and *Diofcorides* write, That the Leaves and Roots thereof taken in Drink, help thofe that have a Crick in their Neck; whereby they cannot turn their Neck, but their whole Body muft turn alfo (fure they do not mean thofe that have got a Crick in the Neck by being under the Hangman's Hand.) *Galen* faith, that the Root and Leaves hereof, are of a heating Quality, and good for fuch Perfons as have their Bodies drawn together by fome *Spafm* or Convulfions, as it is with Children that have the Rickets, or rather (as the College of Phyficians will have it) the *Rachites*, for which Name of the Difeafe they have (in a particular Treatife lately fet forth by them) learnedly difputed and put forth to publick View, that the World may fee, they have took much Pains to little Purpofe.

Wry Neck.

Spafms, Convulfions, Rickets.

Dragons.

THEY are fo well known to every one that plants them in their Gardens, they need no Defcription; if not, let them look down to the lower End of the Stalks; and fee how like a Snake they look.

Government

Government and Virtues.] The Plant is under the Dominion of *Mars*, and therefore it would be a Wonder if it should want some obnoxious Quality or other; in all Herbs of that Quality, the safest Way is either to distil the Herb in an Alembick, in what Vehicle you please, or else to press out the Juice, and distill that in a Glass Still in Sand. It scoureth and cleanseth the internal Parts of the Body mightily, and it cleareth the external Parts also, being externally applied, from Freckles, Morphew, and Sunburning: Your best Way to use it externally, is to mix it with Vinegar; an Ointment of it is held to be good in Wounds and Ulcers; it consumes Cankers, and that Flesh growing in the Nostrils, which they call *Polypus*. Also the distilled Water being dropped into the Eyes, taketh away Spots there, as also Pin and Web, and mends the Dimness of Sight; it is excellent good against the Pestilence and Poison. *Pliny* and *Dioscorides* affirm, that no Serpent will meddle with him that carries this Herb about him.

Scoureth, Cleanseth, Freckles, Morphew, Sun-burnings, Ulcers, Wounds, Cankers, Polypus, Spots in the Eyes, Pin and Web, Sight helpeth, Pestilence, Poison, Venomous Beasts.

The Elder-Tree.

I Hold it needless to write any Description of this, sith every Boy that plays with a Pot-gun will not mistake another Tree instead of Elder. I shall therefore in this Place only describe the Dwarf-Elder, called also Dead-wort, and Wall-wort.

The Dwarf-Elder.

Descript.] *This is but an Herb every Year, dying with his Stalks to the Ground, and rising fresh every Spring, and is like unto the Elder, both in Form and Quality, rising up with a square rough hairy Stalk, four Foot high, or more sometimes. The winged Leaves are somewhat narrower than the Elder, but else like them. The Flowers are white with a dash of Purple, standing in Umbels, very like the Elder also, but more sweet in Scent; after which come small blackish Berries, full of Juice, while they are fresh, wherein is small hard Kernels, or Seed. The Root doth creep under the upper Crust of the Ground, springing in divers Places, being of the Bigness of one's Finger, or Thumb, sometimes.*

Place.]

Place.] The Elder-Tree groweth in Hedges, being planted there to ſtrengthen the Fences, and Partitions of Ground, and to hold the Banks by Ditches and Water-Courſes.

The Dwarf-Elder growing wild in many Places of *England*, where being once gotten into a Ground, it is not eaſily gotten forth again..

Time.] Moſt of the Elder-Trees flower in *June*, and their Fruit is ripe for the moſt part in *Auguſt*.

But the Dwarf-Elder, or Wall-wort, flowereth ſomewhat later, and his Fruit is not ripe until *September*.

Government and Virtues.] Both Elder and Dwarf-Tree are under the Dominion of *Venus*. The firſt Shoots of the common Elder boiled like Aſparagus, and the young Leaves and Stalks boiled in fat Broth, do mightily carry forth Phlegm and Choler. The middle or inward Bark boiled in Water, and given in Drink, worketh much more violently; and the Berries, either green or dry, expel the ſame Humours, and are often given with good Succeſs to help the Dropſy; the Bark of the Root boiled in Wine, or the Juice thereof drunk, worketh the ſame Effects, but more powerfully than either the Leaves or Fruit. The Juice of the Root taken, doth mightily provoke Vomitings, and purgeth the watry Humours of the Dropſy. The Decoction of the Root taken, cureth the Biting of the Adder, and Biting of mad Dogs: It mollifieth the Hardneſs of the Mother, if Women ſit thereon, and openeth their Veins, and bringeth down their Courſes: The Berries boiled in Wine, performeth the ſame Effect; and the Hair of the Head waſhed therewith, is made black. The Juice of the green Leaves applied to the hot Inflammations of the Eyes aſſwageth them. The Juice of the Leaves ſnuffed up into the Noſtrils, purgeth the Tunicles of the Brain. The Juice of the Berries boiled with Honey, and dropped into the Ears, helpeth the Pains of them. The Decoction of the Berries in Wine being drunk provoketh Urine, the diſtilled Water of the Flowers, is of much Uſe to clean the Skin from Sun-burning, Freckles, Morphew, or the like; and taketh away the Head-ach, coming of a cold Cauſe, the Head being bathed therewith. The Leaves or Flowers diſtilled in the Month of *May*, and the

Phlegm, Choler, Dropſy, Venomous Beaſts, mad Dogs, Terms provokes, Inflammation, Brains, Ears, Urine provokes, Sunburning, Head-ach, Freckles, Morphew, Ulcers, Palſy.

the Legs often waſhed with the ſaid diſtilled Water, it taketh away the Ulcers and Sores of them.

The Eyes waſhed therewith, it taketh away the Redneſs and Blood-ſhot. And the Hands waſhed Morning and Evening therewith, helpeth the Palſy, and ſhaking of them.

The Dwarf-Elder is more powerful than the common Elder in opening and purging Choler, Phlegm, and Water, in helping the Gout, Piles, and Womens Diſeaſes, coloureth the Hair black, helpeth the Inflammations of the Eyes, and Pains in the Ears, the Biting of Serpents, or mad Dogs, Burnings and Scaldings, the Wind Cholick, Cholick and Stone, the Difficulty of Urine, the Cure of old Sores, and fiſtulous Ulcers.

Gout, Inflammations, Burning, Scalding, Cholic, Stone, Dyſury,

Either Leaves or Bark of Elder ſtripped upwards as you gather it, cauſeth Vomiting; but ſtripped downwards, it purgeth downwards. Alſo Dr. *Butler* in a Manuſcript of his commends Dwarf-Elder to the Sky for Dropſies, *viz.* To drink, it being boiled in White-wine, to drink the Decoction I mean, not the Elder.

The Elm-Tree.

THIS Tree is ſo well known, growing generally in all Counties of this Land, that it is needleſs to deſcribe it. *Government and Virtues.*] It is a cold and *Saturnine* Plant. The Leaves thereof bruiſed and applied, heal green Wounds, being bound thereon with its own Bark. The Leaves, or the Bark uſed with Vinegar, cureth Scurf and Leproſy, very effectually: The Decoction of the Leaves, Bark, or Root, being bathed, heals broken Bones. The Water that is found in the Bladders on the Leaves, while it is freſh, is very effectual to cleanſe the Skin, and make it fair; and if Cloths be often wet therein, and applied to the Ruptures of Children, it healeth them, if they be after well bound up with a Truſs. The ſaid Water put into a Glaſs, and ſet into the Ground, or elſe in Dung for twenty-five Days, the Mouth thereof being cloſe ſtopped, and the Bottom ſet upon a Lay of ordi-

Wounds, Scurf, Leproſy, Beauty, Ruptures, Baldneſs, Gout, Swellings, Burnings.

nary

nary Salt, that the Fæces may ſettle, and Water become clear, is a ſingular and ſovereign Balm for green Wounds, being uſed with ſoft Tents: The Decoction of the Bark of the Root fomented, mollifieth hard Tumours, and the ſhrinking of the Sinews. The Roots of the Elm boiled for a long time in Water, and the Fat ariſing on the Top thereof, being clean ſcummed off, and the Place anointed therewith that is grown bald, and the Hairs fallen away, will quickly reſtore them again. The ſaid Bark ground with Brine and Pickle, until it come to the Form of a Poultice, and laid on the Place pained with the Gout, giveth great Eaſe. The Decoction of the Bark in Water, is excellent to bathe ſuch Places as have been burnt with Fire.

Endive.

Deſcript.] *Common Garden Endive beareth a longer and larger Leaf than Succory, and abideth but one Year, quickly running up to Stalk and Seed, and then periſheth; it hath blue Flowers, and the Seed of the ordinary Endive is ſo like Succory Seed, that it is hard to diſtinguiſh them.*

Government and Virtues.] It is a fine cooling, cleanſing, jovial Plant. The Decoction of the Leaves, or the Juice, or the diſtilled Water of Endive, ſerveth well to cool the exceſſive Heat of the Liver, and Stomach, and in the hot Fits of Agues, and all other Inflammations in any Part of the Body; it cooleth the Heat and Sharpneſs of the Urine, and Excoriations in the Urinary Parts. The Seeds are of the ſame Property, or rather more powerful, and beſides are available for fainting, Swoonings, and Paſſions of the Heart. Outwardly applied, they ſerve to temper the ſharp Humours of fretting Ulcers, hot Tumours and Swellings, and Peſtilential Sores; and wonderfully help not only the Redneſs and Inflammations of the Eyes, but the Dimneſs of the Sight alſo; they are alſo uſed to allay the Pains of the Gout.

Liver, Stomach, Agues, Sharpneſs of Urine, and Excoriation thereby, Paſſions of the Heart, Ulcers, Swellings, Eyes, Gout.

You cannot uſe it amiſs; a Syrup of it is a fine cooling Medicine for Fevers. See the End of this Book, and the *Engliſh Diſpenſatory.*

Elicampane.

Elicampane.

Defcript.] *IT ſhooteth forth many large Leaves, long and broad, lying near the Ground, ſmall at both Ends, ſomewhat ſoft in Handling, of a whitiſh green on the upper Side, and grey underneath, each ſet upon a ſhort foot Stalk; from among which riſe up divers great and ſtrong hairy Stalks, three or four foot Foot high, with ſome Leaves thereupon compaſſing them about at the lower End, and are branched towards the Tops; bearing divers great and large Flowers, like thoſe of the Corn Marigold, both the Border of Leaves, and the middle Thrum being yellow, which turn into Down, with long, ſmall, browniſh Seed among it, and is carried away with the Wind. The Root is great and thick, branched forth divers Ways, blackiſh on the outſide, and whitiſh within, of a very bitter Taſte, and ſtrong, but good Scent, eſpecially when they are dried, no Part elſe of the Plant having any Smell.*

Place.] It groweth in moiſt Grounds and ſhadowy Places, oftner than in the dry and open Borders of Fields and Lanes, and in other waſte Places, almoſt in every County of this Land.

Time.] It flowereth in the end of *June* and *July*, and the Seed is ripe in *Auguſt*. The Roots are gathered for Uſe, as well in the Spring before the Leaves come forth, as in Autumn, or Winter.

Government and Virtues.] It is a Plant under the Dominion of *Mercury*. The freſh Roots of Elicampane preſerved with Sugar, or made into a Syrup or Conſerve, are very effectual to warm a Cold and Windy Stomach, or the pricking therein, and Stitches in the Sides cauſed by the Spleen; and to help the Cough, ſhortneſs of Breath, and wheezing in the Lungs. The dried Root made into Powder, and mixed with Sugar and taken, ſerveth to the ſame Purpoſe, and is alſo profitable for thoſe who have their Urine ſtopped, or the ſtopping of Womens Courſes, the Paine of the Mother and of the Stone in the Reins, Kidneys, or Bladder: It reſiſted Poiſon, and ſtayeth the ſpreading of the Venom of Serpents, as alſo putrid and peſtilential Fevers, and the Plague itſelf. The Roots and Herb beaten

Cold Stomach, Wind, Stitch, Spleen, Cough, ſhortneſs of Breath, Wheezing, Terms provokes.

and

Mother, Stone, Poifon, Venomous Beafts, Peftilence, Eyes, Worms, loofe Teeth, fpitting Blood, Cramps, Convulfions, Gout, Joints, Itch, Cankers, Spots, Freckles, Morphew.

and put into new Ale or Beer, and daily drunk, cleareth, ftrengthneth and quickneth the Sight of the Eyes wonderfully. The Decoction of the Roots in Wine, or the Juice taken therein, killeth and divideth forth all manner of Worms in the Belly, Stomach, and Maw; and gargled in the Mouth, or the Root chewed, faftneth loofe Teeth, and helps to keep them from putrefaction; and being drunk is good for thofe that fpit Blood, helpeth to remove Cramps or Convulfions, and the Pains of the Gout, the Sciatica, the Loofenefs and Pains in the Joints or thofe Members that are out of Joint by cold or moifture happening to them, applied outwardly as well as inwardly, and is good for thofe that are burften, or have any inward Bruife. The Root boiled well in Vinegar, beaten afterwards, and made into an Ointment with Hogs Suet, or Oil of Trotters, is an excellent Remedy for Scabs or Itch in young or old: The Places alfo bathed or waſhed with the Decoction, doth the fame; it alfo helpeth all forts of filthy old putrid Sores or Cankers whatfoever. In the Roots of this Herb lyeth the chief Effect for the Remedies aforefaid. The diftilled Water of the Leaves and Roots together, is very profitable to cleanfe the Skin of the Face, or other Parts from any Morphew, Spots or Blemifhes therein, and make it clear.

Eringo, *or* Sea-Holly.

Deſcript.] *THE firft Leaves of our ordinary Sea-holly, are nothing fo hard and prickly as when they grow old, being almoft round, and deeply dented about the Edges, hard and ſharp-pointed, and a little crumpled, of a blueiſh green Colour, every one upon a long Foot-ſtalk; but thoſe that grow up higher with the Stalk, do as it were compaſs it about. The Stalk itſelf is round and ſtrong, yet ſomewhat creſted with Joints, and Leaves ſet thereat, but more divided, ſharp and prickly; and Branches riſing from thence, which have likewiſe other ſmall Branches, each of them bearing ſeveral blueiſh round prickly Heads, with many ſmall, jagged, prickly Leaves under them ſtanding like a Star, and ſometimes found greeniſh or whitiſh: The*

The Root groweth wonderful long, even to eight or ten Foot in length, fet with Rings and Circles toward the upper part, but fmooth and without Joints down lower, brownifh on the outfide, and very white within, with a Pith in the Middle, of a pleafant Tafte, but much more, being artificially preferved, and candied with Sugar.

Place.] It is found about the Sea Coaft in almoft every County of this Land which bordereth upon the Sea.

Time.] It flowereth in the End of Summer, and giveth ripe Seed within a Month after.

Government and Virtues.] The Plant is venereal, and breedeth Seed exceedingly, and ftrengthens the Spirit procreative; it is hot and moift, and under the celeftial Balance. The Decoction of the Root hereof in Wine, is very effectual to open Obftructions of the Spleen and Liver, and helpeth Yellow Jaundice, the Dropfy, the Pains of the Loins, and wind Cholick, provoketh Urine, and expelleth the Stone, procureth Womens Courfes. The continued ufe of the Decoction for fifteen Days, taken faffing, and next to bedward, doth help the Strangury, the Piffing by Drops, the Stopping of Urine, and Stone, and all Defects of the Reins and Kidneys; and if the faid Drink be continued longer, is faid that it perfectly cureth the Stone, and that Experience hath found it fo. It is found good againft the French Pox. The Roots bruifed and applied outwardly, helpeth the Kernels of the Throat, commonly called the King's Evil; or taken inwardly, and applied to the Place ftung or bitten by any Serpent, healeth it fpeedily. If the Roots be bruifed, and boiled in old Hogs Greafe, or falted Lard, and applied to broken Bones, Thorns, &c. remaining in the Flefh, they do not only draw them forth, but heal up the Place again, gathering new Flefh where it was confumed. The Juice of the Leaves dropped into the Ear, helpeth Impofthumes therein. The diftilled Water of the whole Herb, when the Leaves and Stalks are young, is profitably drunk for all the Purpofes aforefaid; and helpeth the Melancholy of the Heart, and is available in Quartan and Quotidian Agues; as alfo

Seed breedeth, Obftructions, Spleen, Liver, Yellow Jaundice, Dropfy, Cholick, Dyfury, Strangury, Venimous Beafts, Reins, French Pox, King's-Evil, Thorns, broken Bones, Splinters, Apoftbumes, Melancholy, Quartan and Quotidian Agues, Wry Neck.

alſo for them that have their Necks drawn awry, and cannot turn them without turning their whole Body.

Eye-Bright.

Deſcript.] COmmon Eye-bright is a ſmall low Herb, riſing up uſually but with one blackiſh green Stalk a Span high, or not much more, ſpread from the Bottom into ſundry Branches, whereon are ſet ſmall and almoſt round, yet pointed, dark green Leaves, finely ſnipped about the Edges, two always ſet together, and very thick: At the Joints with the Leaves, from the Middle upward, come forth ſmall white Flowers, ſteeped with purple and yellow Spots, or Stripes; after which follow ſmall round Heads, with very ſmall Seed therein. The Root is long, ſmall, and thready at the End.

Place.] It groweth in Meadows, and graſſy Places in this Land.

Government and Virtues.] It is under the Sign of the *Lion*, and *Sol* claims Dominion over it. If this Herb were but as much uſed as it is neglected, it would half ſpoil the Spectacle-Makers Trade; and a Man would think, that Reaſon ſhould teach People to prefer the Preſervation of their natural before artificial Spectacles; which that they may be inſtructed how to do, take the Virtues of Eye-bright as followeth:

The Juice, or diſtilled Water of Eye-bright, taken inwardly in white Wine or Broth, or dropped into the Eyes for divers Days together, helpeth all Infirmities of the Eyes that cauſe Dimneſs of Sight. Some make Conſerve of the Flowers to the ſame Effect. Being uſed any of the Ways, it alſo helpeth a weak Brain or Memory. This tunned up with ſtrong Beer, that it may work together, and drunk; or the Powder of the dried Herb mixed with Sugar, a little Mace, and Fennel Seed, and drunk, or eaten in Broth; or the ſaid Powder made into an Electuary with Sugar, and taken, hath the ſame powerful Effect to help and reſtore the Sight decayed through Age; and *Arnoldus de Villa Nova* ſaith, it hath reſtored Sight to them that have been blind a long Time before.

Eyes, Dimneſs, Memory, Brain.

Fern.

Deſcript. *OF this there are two kinds principally to be treated of,* viz, *The Male and Female. The Female groweth higher than the Male, but the Leaves thereof are leſſer, and more divided or dented, and of as ſtrong a ſmell as the Male; the Virtues of them are both alike, and therefore I ſhall not trouble you with any Deſcription or Diſtinction of them.*

Place.] They grow both in Heaths and in ſhady Places near the Hedge-ſides in all Counties of this Land.

Time.] They flower and give their Seed at *Midſummer.*

The Female *Fern* is that Plant which is in *Suſſex* called *Brakes,* the Seed of which ſome Authors hold to be ſo rare: Such a thing there is I know, and may be eaſily had upon *Midſummer-Eve,* and for ought I know, two or three Days after it, if not more.

Government and Virtues.] It is under the Dominion of *Mercury,* both Male and Female. The Roots of both thoſe ſorts of *Fern,* being bruiſed and boiled in Mead, or honeyed water, and drunk, killeth both the broad and long Worms in the Body, and abateth the Swelling and Hardneſs of the Spleen. The green Leaves eaten, purge the Belly and cholerick and wateriſh Humours that trouble the Stomach. They are dangerous for Women with Child to meddle with, by Reaſon they cauſe Abortions.

Worms, Spleen, Choler, Phlegm, Stomach, Wounds, Ulcers, Serpents, Gnats, Venomous Beaſts.

The Roots bruiſed and boiled in Oil, or Hogs Greaſe, make a very profitable Ointment to heal Wounds, or Pricks gotten in the Fleſh. The Powder of them uſed in foul Ulcers, drieth up their malignant Moiſture, and cauſeth their ſpeedier healing. *Fern* being burned, the Smoak thereof driveth away Serpents, Gnats, and other noiſome Creatures, which in fenny Countries do, in the Night-time, trouble and moleſt People lying in their Beds with their Faces uncovered; it cauſeth Barrenneſs.

Oſmond.

Oſmond Royal, *or* Water-Fern.

Deſcript.] *THIS ſhooteth forth in Spring-time (for in the Winter the Leaves periſh) divers rough hard Stalks, half round, and yellowiſh, or flat on the other ſide, two Foot high, having divers Branches of winged yellowiſh green Leaves on all ſides, ſet one againſt another, longer, narrower, and not nicked on the Edges as the former. From the top of ſome of theſe Stalks grow forth a long buſh of ſmall, and more yellowiſh green, ſcaly Aglets, ſet in the ſame Manner on the Stalks as the Leaves are, which are accounted the Flowers and Seeds. The Root is rough, thick and ſcabby, with a white Pith in the Middle, which is called the Heart thereof.*

Place.] It groweth on Moors, Bogs, and watery Places, in many Parts of this Land.

Time.] It is green all the Summer, and the Root only abideth in Winter.

Government and Virtues.] *Saturn* owns the Plant. This hath all the Virtues mentioned in the former Ferns, and is much more effectual than they, both for inward and outward Griefs, and is accounted ſingular good in Wounds, Bruiſes, or the like. The Decoction to be drunk, or boiled into an Ointment or Oil, as a Balſam or Balm, and ſo it is ſingular good againſt Bruiſes, and Bones broken, or out of Joint, and giveth much Eaſe to the Cholick and ſplenetick Diſeaſes; as alſo for Ruptures or Burſtings. The Decoction of the Root in white Wine, provokes Urine exceedingly, and cleanſeth the Bladder and Paſſages of Urine.

Wounds, Bruiſes, broken Bones, Cholick, Spleen, Ruptures.

Feverfew, *or* Featherfew.

Deſcript.] COmmon Featherfew hath large, freſh, green Leaves, much torn or cut on the Edges. The Stalks are hard and round, ſet with many ſuch like Leaves, but ſmaller, and at the tops ſtand many ſingle Flowers, upon ſmall Foot-ſtalks, conſiſting of many ſmall white Leaves, ſtanding round about a yellow Thrum in the Middle. The Root is ſome-

ſomewhat hard and ſhort, with many ſtrong Fibres about it. The ſcent of the whole Plant is very ſtrong and ſtuffing, and the Taſte is very bitter.

Place.] This grows wild in many Places of the Land, but is for the moſt Part nouriſhed in Gardens.

Time. It flowereth in the Months of *June* and *July.*

Government and Virtues.] *Venus* commands this Herb, and hath commended it to ſuccour her Siſters, [*Women*] and to be a general Strengthener of their Wombs, and remedy ſuch Infirmities as a careleſs Midwife hath there cauſed; if they will but be pleaſed to make uſe of her Herb boiled in white Wine, and drink the Decoction; it cleanſeth the Womb, expels the After-birth, and doth a Woman all the Good ſhe can deſire of an Herb. And if any grumble becauſe they cannot get the Herb in Winter, tell them, if they pleaſe, they may make a Syrup of it in Summer; it is chiefly uſed for the Diſeaſe of the Mother, whether it be the Strangling or Riſing of the Mother, or Hardneſs, or Inflammations of the ſame, applied outwardly thereunto. Or a Decoction of the Flowers in Wine, with a little Nutmeg or Mace put therein, and drunk often in a Day, is an approved Remedy to bring down Womens Courſes ſpeedily, and helpeth to expel the Dead-birth and After-birth. For a Woman to ſit over the hot Fumes of the Decoction of the Herb made in Water or Wine, is effectual for the ſame; and in ſome Caſes, to apply the boiled Herb warm to the Privy-Parts. The Decoction thereof made, with ſome Sugar or Honey put thereto, is uſed by many with good Succeſs to help the Cough and ſtuffing of the Cheſt, by Colds, as alſo to cleanſe the Reins and Bladder, and helps to expel the Stone in them. The Powder of the Herb taken in Wine, with ſome Oxymel, purgeth both Choler and Phlegm, and is available for thoſe that are ſhort winded, and are troubled with Melancholy and Heavineſs, or Sadneſs of Spirits. It is very effectual for all Pains in the Head coming of a cold Cauſe, the Herb being bruiſed and applied to the Crown of the Head: As alſo for the Vertigo, that is, a Running or Swimming of the Head. The Decoction thereof drunk warm, and the Herb bruiſed with a few Corns

Mother, Womb, Bladder, Terms provokes, Dead-birth, After-birth, Cough, Reins, Choler, Phlegm, Ague, Melancholy, Sadneſs, Head-ach, Deformity of the Skin, Wind-Cholick, Opium.

Corns of Bay-ſalt, and applied to the Wriſts before the coming of the Ague-fits, doth take them away. The diſtilled Water taketh away Freckles, and other Spots and Deformities in the Face. The Herb bruiſed and heated on a Tile, with ſome Wine to moiſten it, or fried with a little Wine and Oil in a Frying-pan, and applied warm outwardly to the Places, helpeth the Wind and Cholick in the lower Part of the Belly. It is an eſpecial Remedy againſt Opium taken too liberally.

Fennel.

EVery Garden affordeth this ſo plentifully, that it needs no Deſcription.

Government and Virtues.] One good old Faſhion is not yet left off, *viz.* to boil Fennel with Fiſh; for it conſumes that phlegmatick Humour, which Fiſh moſt plentifully afford and annoy the Body by; therefore it is a moſt fit Herb for that Purpoſe, though few that uſe it know why or wherefore they do it; I ſuppoſe the Reaſon of its Benefit this Way is, becauſe it is an Herb of *Mercury*, and under *Virgo*, and therefore bears Atipathy to *Piſces*. *Fennel* is good to break Wind, to provoke Urine, and eaſe the Pains of the Stone, and help to break it. The Leaves or Seed, boiled in Barley-water and drunk are good for Nurſes, to increaſe their Milk, and make it more wholſome for the Child. The Leaves, or rather the Seeds, boiled in Water, ſtayeth the Hiccough, and taketh away the Loathings which oftentimes happens to the Stomachs of ſick and feveriſh Perſons, and allayeth the Heat thereof. The Seed boiled in Wine and drunk, is good for thoſe that are bitten with Serpents, or have eaten poiſonous Herbs, or Muſhrooms. The Seed and the Roots much more help to open Obſtructions of the Liver, Spleen, and Gall, and thereby help the painful and windy Swellings of the Spleen, and the Yellow Jaundice; as alſo the Gout and Cramps. The Seed is of good Uſe in Medicines to help Shortneſs of Breath,

Wind, Dyſury, Stone, increaſeth Milk, amends Milk, Hiccough, loathing of Meat, venomous Beaſts, Poiſon, Muſhrooms, Obſtructions in the Liver, Spleen and Gall, Yellow Jaundice, Cramp, Gout, Wheezing, Terms provokes, after Delivery, Cleanſe, Open, Fatneſs, Eyes.

Breath and Wheezing by ſtopping of the Lungs. It helpeth alſo to bring down the Courſes, and to cleanſe the Parts after Delivery. The Roots are of moſt uſe in Phyſick-drinks and Broths that are taken to cleanſe the Blood, to open Obſtructions of the Liver, to provoke Urine, and amend the ill Colour in the Face after Sickneſs, and to cauſe a good Habit through the Body. Both Leaves, Seeds, and Roots thereof are much uſed in Drink or Broth, to make People more ſpare and lean that are too fat. The diſtilled Water of the whole Herb, or the condenſate Juice diſſolved, but eſpecially the natural Juice, that in ſome Counties iſſueth out hereof of its own accord, dropped into the Eyes, cleanſeth them from Miſts and Films that hinder the Sight. The ſweet Fennel is much weaker in phyſical Uſes than the common Fennel. The wild Fennel is ſtronger and hotter than the tame, and therefore moſt powerful againſt the Stone, but not ſo effectual to increaſe Milk, becauſe of its Dryneſs.

Sow-Fennel, *or* Hog's-Fennel.

BEſides the common Name in *Engliſh*, Hog's Fennel, and the *Latin* Name *Peucidanum*, it is called Hoar-ſtrange, and Hoar-ſtrong, Sulphur-wort, and Brimſtone-wort.

Deſcript.] *The common* Sow-Fennel *hath divers branched Stalks of thick and ſomewhat long Leaves, three for the moſt Part jointed together at a Place, among which ariſeth a creſted ſtraight Stalk, leſs than Fennel, with ſome Joints thereon, and Leaves growing thereat, and towards the Tops ſome Branches iſſuing from thence; likewiſe on the Tops of the Stalks and Branches ſtand divers Tufts of yellow Flowers, whereafter grows ſomewhat flat, thin, and yellowiſh Seed, bigger than Fennel-ſeed. The Roots grow great and deep, with many other Parts and Fibres about them of a ſtrong Scent like hot* Brimſtone, *and yield forth a yellowiſh Milk, or clammy Juice, almoſt like a Gum.*

Place.] It groweth plentifully in the ſalt low Marſhes near *Feverſham* in *Kent*.

Time.] It flowereth plentifully in *July* and *Auguſt*.

Government and Virtues.] This is alſo an Herb of *Mercury*. The Juice of Sow-Fennel (ſaith *Dioſcorides*, and *Galen*) uſed with Vinegar and Roſe-water, or the Juice with a little *Euphorbium* put to the Noſe, helpeth thoſe that are

Lethargy, Frenzy, Vertigo, Falling-ficknefs, Head-ach, Palfy, Sciatica, Cramp, Sinews, Cough, Shortnefs of Breath, Wind, Spleen, Child-Birth, Reins, Bladder, Ears, Womb, hollow Teeth, Ulcers, broken Bones, Thorns, Wounds.

troubled with the Lethargy, the Frenzy, the Turning or Giddineſs of the Head, the Falling-ſickneſs, long and inveterate Head ach, the Palſy, Sciatica, and the Cramp; and generally all the Diſeaſes of the Sinews, uſed with Oil and Vinegar. The Juice diſſolved in Wine, or put into an Egg, is good for a Cough, or Shortneſs of Breath, and for thoſe that are troubled with Wind in the Body. It purgeth the Belly gently, expelleth the Hardneſs of the Spleen, giveth Eaſe to Women that have ſore Travel in Child-Birth, and eaſeth the Pains of the Reins and Bladder, and alſo the Womb. A little of the Juice diſſolved in Wine, and dropped into the Ears, eaſeth much of the Pains in them, and put into a hallow Tooth, eaſeth the Pains thereof. The Root is leſs effectual to all the aforeſaid Diſorders; yet the Powder of the Root cleanſeth foul Ulcers, being put into them, and taketh out Splinters of broken Bones, or other Things in the Fleſh, and healeth them up perfectly. As alſo it drieth up old and inveterate running Sores, and is of admirable Virtue in all green Wounds.

Fig-wort, *or* Throat-wort.

Deſcript.] *Common great* Fig-wort *ſendeth divers great, ſtrong, hard, ſquare brown Stalks, three or four Foot high, whereon grow large, hard, and dark green Leaves, two at a Joint, harder and larger than* Nettle *Leaves, but not ſtinging; at the Tops of the Stalks ſtand many purple Flowers ſet in Huſks, which are ſometimes gaping and open ſomewhat like thoſe of* Water-Betony; *after which come hard round Heads, with a ſmall Point in the Middle, wherein lie ſmall browniſh Seed. The Root is great, white, and thick, with many Branches, at it, growing aſlope under the upper Cruſt of the Ground, which abideth many Years, but keepeth not his green Leaves in Winter.*

Place.] It groweth frequently in moiſt and ſhadowy Woods, and in the lower Parts of the Fields and Meadows.

Time.]

Time.] It flowereth about *July*, and the Seed will be ripe about a Month after the Flowers are fallen.

Government and Virtues.] Some Latin Authors call it *Cervicaria*, becauſe it is appropriated to the Neck; and we *Throat-wort*, becauſe it is appropriated to the Throat. *Venus* owns the Herb, and the Celeſtial *Bull* will not deny it; therefore a better Remedy cannot be for the King's-Evil, becauſe the *Moon* that rules the Diſeaſe is exalted there, nor for any Diſeaſe in the Neck; the reſt of the Diſeaſes ſpecified, you may (if you look) ſee a very good Reaſon for their Cure by this Herb. The Decoction of the Herb taken inwardly, and the bruiſed Herb applied outwardly, diſſolveth clotted and congealed Blood within the Body, coming by any Wounds, Bruiſe, or Fall; and is no leſs effectual for the King's-Evil, or any other Knobs, Kernels, Bunches, or Wens growing in the Fleſh wherefoever; and for the Hæmorrhoids, or Piles; or other Knobs or Kernels which ſometimes grow about the Fundament. An Ointment made hereof may be uſed at all times when the freſh Herb is not to be had. The diſtilled Water of the whole Plant, Roots and all, is uſed for the ſame Purpoſes, and drieth up the ſuperfluous, virulent Moiſture of hollow and corroding Ulcers; it taketh away all Redneſs, Spots and Freckles in the Face, as alſo the Scurf, and any foul Deformity therein, and the Leproſy likewiſe.

Congealed Blood by Wound, Bruiſe, or Fall, King's-Evil, Wens, Hæmorrhoids, Fundament, Ulcers, Scurf, Spots, Freckles, Deformity, Leproſy.

Filipendula, *or* Drop-wort.

Deſcript.] THis ſendeth forth many Leaves, ſome bigger, ſome leſſer, ſet on each Side of a middle Rib, and each of them dented about the Edges, ſomewhat reſembling wild Tanſy, or rather Agrimony, but harder in handling; among which riſe up one or more Stalks, two or three Foot high, with the Leaves growing thereon and ſometimes alſo divided into other Branches ſpreading at the Top into many white, ſweet-ſmelling Flowers, conſiſting of five Leaves a-piece with ſome Threads in the Middle of them ſtanding together, in a Pith or Umbel, each upon a ſmall Foot-ſtalk, which after they have been blown upon a good while, do fall away, and in their Places appear ſmall, round, chaffy Heads like But-

tons, wherein are the chaffy Seeds fet and placed. The Root confifts of many fmall, black, tuberous Pieces faftened together by many fmall, long, blackifh Strings, which run from one to another.

Place.] It groweth in many Places of this Land, in the Corners of dry Fields and Meadows, and their Hedges Sides.

Time.] They flower in *June* and *July*, and their Seed is ripe in *Auguft*.

Government and Virtues.] It is under the Dominion of *Venus*, and is effectual to open the Paffages of the Urine, and helpeth the Strangury, and all other Pains of the Bladder and Reins; helpeth mightily to expel the Stone in the Kidneys or Bladder, and the Gravel alfo; and thefe are done by taking the Roots in Powder, or a Decoction of them in white Wine, whereunto a little Honey is added. The fame helpeth to expel the After-birth. The Roots made into Powder, and mixed with Honey in the Form of an Electuary, doth much help them whofe Stomachs are fwollen, diffolving and breaking the Wind which was the Caufe thereof; and is alfo very effectual for all the Difeafes of the Lungs, as Shortnefs of Breath, Wheefing, Hoarfenefs of the Throat, and the Cough; and to expectorate tough Phlegm, or any other Parts thereabout. It is called *Drop wort*, becaufe it helps fuch as pifs by Drops.

Dyfury, Strangury, Reins, Bladder, Stone, Gravel, Wind, Lungs, Wheefing, Hoarfenefs, Cough, Phlegm.

The Fig-Tree.

FOR to give a Defcription of a Tree fo well known to every Body that keeps it in his Garden, were needlefs. They profper very well in our *Engliſh* Gardens; yet are fitter for Medicine, than for any other Profit which is gotten by the Fruit of them.

Government and Virtues.] The Tree is under the Dominion of *Jupiter*. The Milk that iffueth out from the Leaves or Branches where they are broken off, being dropped upon Warts, taketh them away. The Decoction of the Leaves of a Fig-Tree is excellent good to wafh fore Heads withal; neither is there fcarcely a better Remedy for the Leprofy than it is. It clears

Warts, fore Head, Leprofy, Morphew, Scurfs, Scabs, Sores, Ulcers, Blood congeal-

clears the Face alfo of Morphew, and the Body of white Scurf, moft Scabs, and running Sores. If it be dropped into old fretting Ulcers, it cleanfeth out the Moiftures, and bringeth up the Flefh; becaufe you cannot have the Leaves green all the Year, you may make an Ointment of them whilft you may. A Decoction of the Leaves being drunk inwardly, or rather a Syrup made of them, diffolves congealed Blood caufed by Bruifes or Falls, and helps the Bloody-flux. The Afhes of the Wood made into an Ointment with Hog's-Greafe, helps Kibes and Chilblains. The Juice, being put into an hollow Tooth, eafeth Pain; as alfo Pain and Noife in the Ears, being dropped into them; and Deafnefs. An Ointment made of the Juice and Hog's-Greafe, is as excellent a Remedy for the Biting of mad Dogs, or other venomous Beafts, as moft are. A Syrup made of the Leaves, or green Fruit, is excellent good for Coughs, Hoarfenefs, or Shortnefs of Breath, and all Difeafes of the Breaft and Lungs; 'tis alfo excellent good for the Dropfy and Fallingfickneſs. They fay that the Fig-tree, as well as the Bay-tree, is never hurt by Lightning; as alfo the Bull, if he be ever fo mad, if you tie him to a Fig-tree, will quickly become tame and gentle. As for fuch Figs as come from beyond Sea, I have little to fay to them, becaufe I write not of Exoticks; yet fome Authors fay, the Eating of them makes People loufy.

ed, caufed by Bruifes or Falls, Bloody-flux, Kibes, Chilblains, Tooth-ach, Noife in the Ears, Deafnefs, biting of mad Dogs, venomous Beafts, Cough, Hoarfenefs, Shortnefs of Breath, Breaft, Lungs, Dropfy, Falling-ficknefs, Lice.

The yellow Water-Flag, *or* Flower-de-luce.

Defcript.] *THIS groweth like the* Flower-de-luce, *but it hath much longer and narrower fad green Leaves jointed together in that Fafhion; the Stalk alfo growing oftentimes as high, bearing fmall yellow Flowers fhaped like the* Flower-de-luce, *with three falling Leaves, and other three arched that cover their Bottoms; but inftead of the three upright Leaves, as the* Flower-de-luce *hath, this hath only three fhort Pieces ſtanding in their Places, after which fucceed thick and long three fquare Heads, containing in each Part fomewhat big and flat Seed, like thofe of the* Flower-de-luce. *The Root is long and ſlender, of a pale brownifh Colour on the Outfide, and of a*

Horſefleſh Colour on the Inſide, with many hard Fibres thereat, and very harſh in Toſte.

Place.] It uſually grows in watery Ditches, Ponds, Lakes, and Moor-ſides, which are always overflowed with Water.

Time.] It flowereth in *July*, and the Seed is ripe in *Auguſt*.

Government and Virtues.] It is under the Dominion of the *Moon*. The Root of this Water-flag is very aſtringent, cooling, and drying; and thereby helps all Laſks and Fluxes, whether of Blood or Humours, as Bleeding at the Mouth, Noſe, or other Parts, Bloody-flux, and the immoderate Flux of Women's Courſes. The diſtilled Water of the whole Herb, Flowers and Roots, is a ſovereign good Remedy for watering Eyes, both to be dropped into them, and to have Cloths or Sponges wetted therein, and applied to the Forehead: It alſo helpeth the Spots or Blemiſhes that happen in or about the Eyes, or in any other Parts: The ſaid Water fomented on Swellings and hot Inflammation of Women's Breaſts, upon Cankers alſo, and thoſe ſpreading Ulcers called *Noli me tangere*, doth much Good: It helpeth alſo foul Ulcers in the Privy-parts of Man or Woman, or elſewhere. An Ointment made of the Flowers is better for thoſe external Applications.

Binds, Cools, Dries, Flux, Bloody-flux, Bleeding, Eyes, Blemiſhes, Terms ſtops, Spots, Inflammations, ſore Breaſts, Cankers, Ulcers, Noli me tangere.

Flax-weed, *or* Toad-Flax.

Deſcript.] *OUR common* Flax-weed *hath divers Stalks full fraught with long and narrow Aſh-coloured Leaves, and from the Middle of them almoſt upward, ſtored with a Number of pale yellow Flowers, of a ſtrong unpleaſant Scent, with deeper yellow Mouths, and blackiſh flat Seed in round Heads. The Root is ſomewhat woody and white, eſpecially the main downright one, with many Fibres, abiding many Years, ſhooting forth Roots every way round about, and new Branches every Year.*

Place.] This groweth throughout this Land, both by the Way-ſides and in Meadows, as alſo by Hedge-ſides, and upon the Sides of Banks, and Borders of Fields.

Time.]

Time.] It flowereth in Summer, and the Seed is ripe uſually before the End of *Auguſt*.

Government and Virtues.] *Mars* owns the Herb: In *Suſſex* we call it *Gallwort*, and lay it in our Chickens Water to cure them of the Gall, I think; I am ſure it relieves them when they are drooping. This is frequently uſed to provoke Urine being ſtopped, and to ſpend the Abundance of thoſe watery Humours by Urine, which cauſe the Dropſy. The Decoction of the Herb, both Leaves and Flowers, in Wine taken and drunk, doth ſomewhat move the Belly downwards, openeth Obſtructions of the Liver, and helpeth the Yellow-Jaundice; expelleth Poiſon provoketh Womens Courſes, driveth forth the dead Child, and After-birth. The diſtilled Water of the Herb and Flowers is effectual for all the ſame Purpoſes, eſpecially being drunk with a Drachm of the Powder of the Seeds or Bark of the Root of *Wall-wort*, and a little Cinnamon, for certain Days together, is held a ſingular Remedy for the Dropſy. The Juice of the Herb, or the diſtilled Water, dropped into the Eyes, is a certain Remedy for all Heat, Inflammation, and Redneſs in them. The Juice or Water put into foul Ulcers, whether they be Cancerous or Fiſtulous, with Tents rolled therein, or Parts waſhed and injected therewith, cleanſeth them thoroughly from the Bottom, and healeth them up ſafely. The ſame Juice or Water alſo cleanſeth the Skin wonderfully of all Sorts of Deformity thereof, as Leproſy, Morphew, Scurf, Wheals, Pimples, or any other Spots or Marks in the Skin, applied of itſelf, or uſed with ſome Powder of Lupines.

Dyſury, Dropſy, Obſtructions of the Liver, Yellow Jaundice, dead Child, and After-birth, Inflammations, Eyes, Ulcers, Cankers, Fiſtula's, Leproſy, Scabs, Pimples, Freckles.

Flea-wort.

Deſcript.] ORdinary *Flea-wort* riſeth up with a Stalk two Foot high or more, full of Joints and Branches on every Side up to the Top, and at every Joint two ſmall, long, and narrow whitiſh green Leaves ſomewhat hairy: At the Top of every Branch ſtand divers ſmall ſhort ſcaly or chaffy Heads, out of which come forth ſmall whitiſh yellow Threads, like to thoſe of the *Plantain* Herbs, which are the Bloomings

of Flowers. The Seed inclofed in thefe Heads is fmall and fhining while it is frefh, very like unto Fleas both for Colour and Bignefs, but turning black when it groweth old. The Root is not long, but white, hard, and woody, perifhing ever Year, and rifing again of its own Seed for divers Years, if it be fuffered to fhed: The whole Plant is fomewhat whitifh and hairy, fmelling fomewhat like Rofin.

There is another Sort hereof, differing not from the former in the manner of growing, but only that this Stalk and Branches being fomewhat greater, do a little more bow down to the Ground: The Leaves are fomewhat greater, the Heads fomewhat leffer, the Seed alike; and the Root and Leaves abide all Winter, and perifh not as the former.

Place.] The firft groweth only in Gardens, the fecond plentifully in Fields that are near the Sea.

Time.] They flower in *July*, or thereabouts.

Government and Virtues.] The Herb is cold, dry, and *Saturnine*. I fuppofe it obtained the Name Flea-wort, becaufe the Seeds are fo like Fleas. The Seed fried, and fo taken, ftayeth the Flux or Lask of the Belly, and the Corrofions that come by reafon of hot cholerick, or fharp and malignant Humours, or by too much purging of any violent Medicine, as Scammony, or the like. The Mucilage of the Seed made with Rofe-water, and a little Sugar-candy put thereto, is very good in all hot Agues and Burning Fevers, and other Inflammations, to cool the Thirft, and lenify the Dryneſs and Roughneſs of the Tongue and Throat. It helpeth alfo Hoarfeneſs of the Voice, and Diſeaſes of the Breaft and Lungs, caufed by Heat, or fharp falt Humours, and the Pleurify alfo. The Mucilage of the Seed made with Plantain-water, whereunto the Yolk of an Egg or two, and a little *Populeon* are put, is a moft fafe and fure Remedy to eafe the Sharpneſs, Pricking, and Pains of the Hæmorrhoids or Piles, if it be laid on a Cloth, and bound thereto. It helpeth all Inflammations in any Part of the Body, and the Pains that come thereby, as the Head-ach and Meagrim, and all hot Impofthumes or Swellings, or breaking

Flux, Corrofion, Cholerick Humours, Agues, Fevers, Inflammations, Thirft, Hoarfeneſs, falt Humours, Pleurify, Hæmorrhoids, Head-ach, Meagrim, Pains, Impofthumes, Sciatica, Wheals, Puſhes, Purples, Gout, Joints, ſore Breaſts, Nipples, Ulcers, Ears, Worms.

breaking out of the Skin, as Blains, Wheals, Puſhes, Purples, and the like; as alſo the Joints of thoſe that are out of Joint, the Pains of the Gout and Sciatica, the Burſting of young Children, and the ſwelling of the Navel, applied with Oil of Roſes and Vinegar. It is alſo good to heal the Nipples and ſore Breaſts of Women, being often applied thereunto. The Juice of the Herb with a little Honey put into the Ears helpeth the running of them, and the Worms breeding in them: The ſame alſo mixed with Hogs-greaſe, and applied to corrupt and filthy Ulcers, cleanſeth and healeth them.

Flix-weed.

Deſcript.] IT riſeth up with a round upright hard Stalk, four or five Foot high, ſpread into ſundry Branches, whereon grow many greyiſh green Leaves very finely cut and ſevered into a Number of ſhort and almoſt round Parts. The Flowers are very ſmall and yellow, growing Spike faſhion, after which come ſmall long Pods, with ſmall yellowiſh Seed in them. The Root is long and woody, periſhing every Year.

There is another Sort, differing in nothing, ſave only it hath ſomewhat broader Leaves; they have a ſtrong evil Savour, being ſmelt unto, and are of a drying Taſte.

Place.] They flower wild in the Fields by Hedges-ſides and High-ways, and among Rubbiſh and other Places.

Time.] They flower and ſeed quickly after, namely, in *June* and *July*.

Government and Virtues.] This Herb is *Saturnine* alſo. Both the Herb and Seed of *Flix-weed* is of excellent Uſe to ſtay the Flux or Laſk of the Belly, being drank in Water wherein Gads of Steel heated have been often quenched; and is no leſs effectual for the ſame Purpoſe than Plantain or Comfrey, and to reſtrain any other Flux of Blood in Man or Woman, as alſo to conſolidate Bones broken or out of Joint. The Juice thereof drunk in Wine, or the Decoction of the Herb drunk, doth kill the Worms in the Stomach or Belly, or the Worms that grow in putrid and filthy Ulcers; and made into a Salve, doth quickly heal all

Flux, Bleeding, Bloody Flux, Terms ſtops, broken Bones, Members diſjointed, Sores, Worms, Ulcers.

all old Sores, how foul or malignant foever they be. The diftilled Water of the Herb worketh the fame Effects, although fomewhat weaker, yet it is a fair Medicine, and more acceptable to be taken.

It is called *Fluxweed*, becaufe it cures the Flux, and for its uniting broken Bones, *&c.* *Paracelfus* extols it to the Skies. It is fitting that Syrup, Ointment, and Plaifters of it were kept in your Houfes.

Flower-de-luce.

IT is fo well known, being nourifhed up in moft Gardens, that I fhall not need to fpend Time in writing a Defcription thereof.

Times.] The flaggy Kinds thereof have the moft Phyfical Ufes; the Dwarf Kinds thereof flower in *April*, the greater Sorts in *May*.

Government and Virtues.] The Herb is *Lunar*. The Juice or Decoction of the green Roots of the flaggy Kind of *Flower-de-luce*, with a little Honey drunk, doth purge and cleanfe the Stomach of grofs and tough Phlegm and Choler therein; it helpeth the Jaundice and the Dropfy, evacuating thofe Humours both upwards and downwards; and becaufe it fomewhat hurts the Stomach, is not to be taken without Honey and Spikenard. The fame being drunk, doth eafe the Pains and Torments of the Belly and Sides, the fhaking of Agues, the Diseafes of the Liver and Spleen, the Worms of the Belly, the Stone in the Reins, Convulfions and Cramps that come of old Humours; it alfo helps thofe whofe Seed paffed from them unawares: It is a Remedy againft the Bitings and Stingings of venomous Creatures, being boiled in Water and Vinegar and drunk: Being boiled in Water and drunk, it provoketh Urine, helpeth the Cholick, bringeth down Womens Courfes; and made up into a Peffary with Honey, and put up into the Body, draweth forth the dead Child. It is much commended againft the Cough, to expectorate tough

Stomach, Flegm, Choler, Jaundice, Dropfy, Belly, Sides, Agues, Liver, Spleen, Stone, Convulfions, Cramp, venomous Beafts, Dyfury, Cholick, Terms provokes, Cough, Sneezing, Hæmorrhoids, Tooth-ach, Joints, Sinews, Gout, Sciatica, Womb, Rheum, Breaft, Wounds, Ulcers, Fiftula's, Cankers.

tough Phlegm; it much eaſeth Pains in the Head, and procureth Sleep; being put into the Noſtrils it procureth Sneezing, and thereby purgeth the Head of Phlegm: The Juice of the Root applied to the *Piles* or *Hæmorrhoids*, giveth much Eaſe. The Decoction of the Roots gargled in the Mouth, eaſeth the Tooth-ach, and helpeth a ſtinking Breath. Oil called *Oleum Irinum*, if it be rightly made of the great broad flag *Flower-de-luce* (and not of the great bulbus blue *Flower-de-luces*, as is uſed by ſome Apothecaries) and Roots of the ſame of the flaggy Kinds, is very effectual to warm and comfort all cold Joints and Sinews, as alſo the Gout and Sciatica, and mollifieth, diſſolveth and conſumeth Tumours and Swellings in any Part of the Body, as alſo of the Matrix; it helpeth the Cramp, or Convulſions of the Sinews: The Head and Temples anointed therewith, helpeth the Catarrh or thin Rheum diſtilled from thence; and uſed upon the Breaſt or Stomach, helpeth to extenuate the cold tough Phlegm, it helpeth alſo the Pains and Noiſe in the Ears, and the Stench of the Noſtrils. The Root itſelf either green, or in Powder, helpeth to cleanſe, heal, and incarnate Wounds, and to cover the naked Bones with Fleſh again, that Ulcers have made bare; and is alſo very good to cleanſe and heal up Fiſtula's and Cankers that are hard to be cured.

Fluellin, *or* Lluellin.

Deſcript.] *IT ſhooteth forth many long Branches, partly lying upon the Ground, and partly ſtanding upright, ſet with almoſt red Leaves, yet a little pointed, and ſometimes more long than round, without Order thereon, ſomewhat hairy, and of an evil greeniſh white Colour; at the Joints all along the Stalks, and with the Leaves come forth ſmall Flowers, one at a Place, upon a very ſmall ſhort Foot-ſtalk, gaping ſomewhat like Snap-dragons, or rather like Toad-flax, with upper the Jaw of a yellow Colour, and the lower of a purpliſh, with a ſmall Heel or Spur behind; after which come forth ſmall round Heads, containing ſmall black Seed. The Root is ſmall and thready, dying every Year, and raiſeth itſelf again of its own ſowing.*

There is another Sort of Lluellin *which hath longer Branches wholly trailing upon the Ground two or three Foot long, and ſomewhat more thin, ſet with Leaves thereon, upon ſmall Foot-ſtalks. The Leaves are a little larger, and ſomewhat round,*

and

and corner'd fometimes in fome Places on the Edges; but the lower Part of them being the broadeft, hath on each Side a fmall Point, making it feem as if they were Ears; fometimes hairy, but not hoary, and of a better green Colour than the former: The Flowers come forth like the former, but the Colours therein are more white than yellow, and the Purple not fo fair: It is a large Flower, and fo are the Seed and Seed-Veffels. The Root like the other, and perifheth every Year.

Place.] They grow in divers Corn-fields, and in Borders about them, and in other fertile Grounds, about *Southfleet*, in *Kent* abundant; at *Buchurite*, *Hamerton*, and *Richmanworth* in *Huntingtonfhire*, and in divers other Places.

Time.] They are in Flower about *June* and *July*, and the whole Plant is dry and wither'd before *Auguft* be done.

Government and Virtues.] It is a *Luuar* Herb. The Leaves bruifed and applied with Barley-meal to watering Eyes that are hot and inflamed by Defluxions from the Head, do very much help them, as alfo the Fluxes of Blood or Humours, as the Lask, Bloody Flux, Womens Courfes; and ftayeth all manner of Bleeding at Nofe, Mouth, or any other Place, or that cometh by any Bruife or Hurt, or burfting a Vein; it wonderfully helpeth all thofe inward Parts that need confolidating or ftrengthning; and is no lefs effectual both to heal and clofe green Wounds, than to cleanfe or heal all foul or old Ulcers, fretting or fpreading Cankers, or the like.

Eyes, Flux, Bloody-Flux, Terms ftops, Wounds, Cankers, Ulcers.

Bees are induftrious, and go abroad to gather Honey from each Plant and Flower; but Drones lie at home, and eat up what the Bees have taken Pains for: Juft fo do the College of Phyficians lie at home, and domineer, and fuck out the Sweetnefs of other Mens Labours and Studies, themfelves being as ignorant in the Knowledge of Herbs as a Child of four Years old, as I can make appear to any rational Man by their laft Difpenfatory. Now then to hide their Ignorance, there is no readier Way in the World, than to hide Knowledge from their Countrymen, that fo no body might be able fo much as to fmell out their Ignorance. When Simples were in Ufe, Mens Bodies were better in Health by far than now they are, or fhall be, if the College can help

help it. The Truth is, this Herb is of a fine cooling, drying Quality, and an Ointment or Plaifter of it might do a Man a Courtefy that hath any hot virulent Sores: 'Tis admirable for the Ulcers of the *French Pox*; if taken inwardly, may cure the Diſeaſe. It was firſt called Female Speedwel, but a Shentleman of *Wales*, whoſe Noſe was almoſt eaten off with the Pox, and ſo near the Matter, that the Doctors commanded it to be cut off, being cured only by the Uſe of this Herb; and to honour the Herb for ſaving hur Noſe whole, gave it one of her Country Names *Fluellin*.

Fox-Gloves.

Deſcript.] *IT hath many long and broad Leaves lying upon the Ground dented upon the Edges, a little ſoft or woolly, and of a hoary green Colour, among which riſeth up ſometimes ſundry Stalks, but one very often, bearing ſuch Leaves thereon from the Bottom to the Middle, from whence to the Top it is ſtored with large, and long hollow reddiſh purple Flowers, a little more long and imminent at the lower Edge, with ſome white Spots within them, one above another, with ſmall green Leaves at every one, but all of them turning their Heads one way, and hanging downwards, having ſome Threads alſo in the Middle, from whence riſe round Heads, pointed ſharp at the Ends, wherein ſmall brown Seed lieth. The Roots are ſo many ſmall Fibres, and ſome greater Strings among them; the Flowers have no ſcent, but the Leaves have a bitter hot Taſte.*

Place.] It groweth on dry ſandy Grounds for the moſt Part, and as well on the higher as the lower Places under Hedge-ſides in almoſt every County of this Land.

Time.] It ſeldom flowereth before *July*, and the Seed is ripe in *Auguſt*.

Government and Virtues.] The Plant is under the Dominion of *Venus*, being of a gentle cleanſing Nature, and withal very friendly to Nature. The Herb is familiarly and frequently uſed by the *Italians*, to heal any freſh or green Wound, the Leaves being but bruiſed and bound thereon; and the Juice thereof is alſo uſed in old Sores, to cleanſe, dry, and heal them. The Decoction hereof made up with ſome Sugar or Honey, is available

Wounds cleanſe, Dry, Heal, Obſtructions of the Liver and Spleen, King's-Evil, Falling-ſickneſs, ſcabby Head.

vailable to cleanfe and purge the Body both upwards and downwards, fometimes of tough Phlegm, and clammy Humours; and to open Obftructions of the Liver and Spleen. It hath been found by Experience to be available for the King's Evil, the Herb bruifed and applied, or an Ointment made with the Juice thereof, and fo ufed; and a Decoction of two Handfuls thereof, with four Ounces of Polypody in Ale, hath been found by late Experience to cure divers of the Falling-Sickneſs, that have been troubled with it above twenty Years.

Myſelf am confident that an Ointment of it is one of the beſt Remedies for a fcabby Head, that is.

Fumitory.

Deſcript.] *OUR common Fumitory is a tender fappy Herb, fendeth forth from one Square, a ſlender weak Stalk, and leaning downwards on all Sides, many Branches two or three Foot long, with finely cut and jagged Leaves of whitiſh, or rather blueiſh Sea-green Colour: At the Tops of the Branches ſtand many ſmall Flowers, as it were in a long Spike one above another, made like little Birds, of a reddiſh purple Colour, with whitiſh Bellies; after which come ſmall round Huſks, containing ſmall black Seeds. The Root is yellow, ſmall, and not very long, full of Juice while it is green, but quickly periſhes with the ripe Seed. In the Corn-fields in* Cornwall, *it beareth white Flowers.*

Place.] It groweth in Corn-fields almoſt every where, as well as in Gardens.

Time.] It flowereth in *May*, for the moſt Part, and the Seed ripeneth ſhortly after.

Government and Virtues.] *Saturn* owns the Herb, and preſents it to the World as a Cure for his own Diſeaſe, and Strengthener of the Parts of the Body he rules: If by my Aſtrological Judgment of Diſeaſes, from the Decumbiture, you find *Saturn* Author of the Diſeaſe, or if by Direction from a Nativity you fear a *Saturnine* Diſeaſe approaching, you may by this Herb prevent it in the one, and cure it in the other, and therefore 'tis fit you keep a Syrup of it always by you. The Juice or Syrup made thereof, or the Decoction made in Whey by itſelf, with ſome other purging or opening Herbs and Roots to cauſe it to work the better

(it

(itself being but weak) is very effectual for the Liver and Spleen, opening the Obstructions thereof, and clarifying the Blood from saltish, cholerick, and adust Humours, which cause Leprosy, Scabs, Tetters, and Itches, and such like Breakings out of the Skin, and after the Purgings, doth strengthen all the inward Parts. It is also good against the Yellow Jaundice, and spendeth it by Urine, which it procureth in Abundance. The Powder of the dried Herb given for some Time together, cureth Melancholy, but the Seed is strongest in Operation, for all the former Diseases. The distilled Water of the Herb is also of good Effect in the former Diseases, and conduceth much against the Plague and Pestilence, being taken with good Treacle. The distilled Water also, with a little Water and Honey of Roses, helpeth all the Sores of the Mouth or Throat, being gargled often therewith. The Juice dropped into the Eyes, cleareth the Sight, and taketh away Redness and other Defects in them, altho' it procure some Pain for the present, and cause Tears. *Dioscorides* saith, it hindereth any fresh springing of Hairs on the Eye-lids (after they be pulled away) if the Eye-lids be anointed with the Juice hereof, with Gum *Arabick* dissolved therein. The Juice of the Fumitory, and Docks mingled with Vinegar, and the Places gently washed or wet therewith, cureth all Sorts of Scabs, Pimples, Blotches, Wheals, Pushes, which arise on the Face or Hands, or any other Parts of the Body.

Liver, Spleen, Choler, Adust, Melancholy, Madness, Forgetfulness, Jaundice, yellow and black, Pestilence, sore Mouth & Throat, Eyes, Hairs, Pimples, Scabs, Itch, Wheals.

The Furz-Bush.

IT is so well known, as well by this Name, as in some Countries by the Name of *Gorz* or *Whins*, that I shall not need to write any Description thereof, my Intent being to teach my Countrymen what they know not, rather than to tell them again of that which is generally known before.

Place.] They are known to grow on dry barren Heaths, and other waste, gravelly or sandy Grounds, in all Counties of this Land.

Time.] They also flower in Summer Months.

Government

Government and Virtues.] *Mars* owns the Herb. They are hot and dry, and open Obftructions of the Liver and Spleen. A Decoction made with the Flowers thereof hath been found effectual againft the Jaundice, as alfo to provoke Urine, and Cleanfe the Kidneys from Gravel or Stone engendred in them. *Mars* doth alfo this by Sympathy.

Obftructions, Liver, Spleen, Yellow Jaundice, Dyfury, Gravel, Stone.

Garlick.

THE Offenfiveneſs of the Breath of him that hath eaten Garlick, will lead you by the Nofe to the Knowledge hereof, and (inftead of a Defcription) direct you to the Place where it groweth in Gardens, which Kinds are the beft and moft phyfical.

Government and Virtues.] *Mars* owns this Herb. This was anciently accounted the poor Man's Treacle, it being a Remedy for all Diſeaſes and Hurts (except thoſe which itſelf breed). It provoketh Urine and Womens Courſes, helpeth the biting of mad Dogs, and other venomous Creatures; killeth Worms in Children, cutteth and voideth tough Phlegm, purgeth the Head, helpeth the Lethargy, is a good Preſervative againſt, and a Remedy for any Plague Sore, or foul Ulcer; taketh away Spots and Blemiſhes in the Skin, eaſeth Pains in the Ears, ripeneth and breaketh Impoſthumes, or other Swellings. And for all thoſe Diſeaſes, the Onions, are as effectual. But the Garlick hath ſome more peculiar Virtues beſides the former, *viz.* It hath a ſpecial Quality to diſcuſs Inconveniences coming by corrupt Agues or mineral Vapours, or by drinking corrupt and ſtinking Waters; as alſo by taking of Wolf-bane, Henbane, Hemlock, or other poiſonful and dangerous Herbs. It is alſo held good in hydropick Diſeaſes, the Jaundice, Falling-ſickneſs, Cramps, Convulſions, the Piles or Hemorrhoids, or other cold Diſeaſes.

Urine, Terms provoke, mad Dogs, venomous Beaſts, Worms, Lethargy, Phlegm, Peſtilence, Impoſthumes, mineral Vapours, ſtinking Waters, Henbane, Hemlock, Wolfbane, Dropſy, Cramps, Convulſions, Falling-Sickneſs.

Many Authors quote many Diſeaſes this is good for; but conceal its Vices. Its Heat is very vehement, and all vehement hot Things ſend up but ill-favoured Vapours

to

to the Brain. In cholerick Men 'twill add Fuel to the Fire; in Men oppressed by Melancholy, 'twill attenuate the Humour, and send up strong Fancies, and as many strange Visions to the Head; therefore let it be taken inwardly with great Moderation; outwardly you may make more bold with it.

Gentian, Felwort, *or* Baldmony.

IT is confessed, that Gentian which is most used amongst us, is brought over from beyond Sea; yet have we two Sorts of it growing frequently in our Nation, which besides the Reasons so frequently alledged, why *English* Herbs should be fittest for *English* Bodies, hath been proved by the Experience of divers Physicians, to be not a Whit inferior in Virtue to that which cometh from beyond Sea; therefore be pleased to take the Description of them as followeth:

Descript.] The greater of the two hath many small long Roots thrust down deep into the Ground, and abiding all the Winter. The Stalks are sometimes more, sometimes fewer, of a browniſh green Colour, which is sometimes two Foot high, if the Ground be fruitful, having many long, narrow, dark green Leaves, set by Couples up to the Top; the Flowers are long and hollow, of a purple Colour, ending in five Corners.

The smaller Sort which is to be found in our Land, groweth up with sundry Stalks, not a Foot high, parted into several small Branches, whereon grow divers small Leaves together, very like those of the lesser Centaury, of a whitish green Colour; on the Tops of the Stalks grow divers perfect blue Flowers, standing in long Husks, but not so big as the other; the Root is very small and full of Threads.

Place.] The first groweth in divers Places of both the East and West Countries, and as well in wet as in dry Grounds, as near *Longfield* by *Gravesend*, near *Cobam* in *Kent*, near *Lillinstone* in *Kent*, also in a Chalk Pit hard by a Paper-Mill not far from *Dartford* in *Kent*.

The second groweth also in divers Places in *Kent*, as about *Southfleet* and *Longfield*; upon *Bartons-Hills* in *Bedfordshire*: Also not far from *St. Albans*, upon a Piece of waste chalky Ground, as you go out of *Dunstable* Way towards *Gorhambury*.

Time.] They flower in *August*.

Government

Government and Virtues.] They are under the Dominion of *Mars*, and one of the principallest Herbs he is Ruler of. They resist Putrefaction, Poison, Pestilence; neither can a more sure Remedy be found to prevent the Pestilence than it is; it strengthens the Stomach exceedingly, and helps Digestion; it comforts the Heart, and preserves it against Faintings and Swoonings: The Powder of the dry Roots helps the biting of mad Dogs, and venomous Beasts, opens Obstructions of the Liver, and restoreth an Appetite of their Meat to such as have lost it. The Herb steeped in Wine, and the Wine drunk, refresheth such as be over-weary with Travel, and grown lame in their Joints, either by cold or evil Lodgings; it helps Stitches, and griping Pains in the Sides; and is an excellent Remedy for such as are bruised by Falls; it provokes Urine, and the Terms exceedingly, therefore let it not be given to Women with Child: The same is very profitable for such as are troubled with Cramps and Convulsions, to drink the Decoction: Also they say it breaks the Stone, and helps Ruptures most certainly; it is very excellent in all cold Diseases, and such as are troubled with tough Phlegm, Scabs, Itch, or any fretting Sores and Ulcers; it is an admirable Remedy to kill the Worms, by taking half a Dram of the Powder in a Morning in any convenient Liquor; the same is excellent good to be taken inwardly for the King's Evil. It helps Agues of all Sorts, and the Yellow-Jaundice, as also the Bots in Cattle; when Kine are bitten on the Udder by any venomous Beast, do but stroke the Place with the Decoction of any of these, and it will instantly help them.

Poison, Pestilence, Stomach, Indigestion, Heart preserveth, Fainting, Swooning, biting of mad Dogs, venomous Beasts, Liver, Appetite, Weariness, Joints, Stitches, Sides, Bruises, Urine provokes, Cramps, Convulsions, Stone, Rupture, tough Phlegm, Scabs, Itch, Sores, Ulcers, Worms, King's-Evil, Agues, Yellow-Jaundice, Bots, venomous Beasts.

Clove-Gilly-Flowers.

IT is vain to describe an Herb so well known.

Government and Virtues.] They are gallant, fine, temperate Flowers, of the Nature and under the Dominion of *Jupiter*; yea, so temperate, that no Excess, neither in Heat, Cold,

Cold, Dryneſs, nor Moiſture, can be perceived in them; they are great Strengtheners both of the Brain and Heart, and will therefore ſerve either for Cordials or Cephalicks, as your Occaſion will ſerve. There is both a Syrup and a Conſerve made of them, and of them alone, commonly to be had at every Apothecary's. To take now and then a little of either, ſtrengthens Nature much, in ſuch as are in Conſumptions. They are alſo excellent good in hot Peſtilent Fevers, and expel Poiſon.

Brain, Heart, Conſumption, ſtrengthen Nature.

Germander.

Deſcript.] *Common Germander ſhooteth forth ſundry Stalks, with ſmall and ſomewhat round Leaves, dented about the Edges. The Flowers ſtand at the Tops, of a deep purple Colour. The Root is compoſed of divers Sprigs, which ſhoot forth a great Way round about, quickly overſpreading a Ground.*

Place.] It groweth uſually with us in Gardens.

Time.] And flowereth in *June* or *July*.

Government and Virtues.] It is a moſt prevalent Herb of *Mercury*, and ſtrengthens the Brain and Apprehenſion exceedingly; (you may ſee what human Virtues are under *Mercury*, in the latter End of my *Ephemeris* for 1652) ſtrengthens them when weak; relieves them when drooping by this Herb. This taken with Honey (ſaith *Dioſcorides*) is a Remedy for Coughs, for Hardneſs of the Spleen, and Difficulty of Urine, and helpeth thoſe that are fallen into a Dropſy, eſpecially at the Beginning of the Diſeaſe, a Decoction being made thereof when it is green, and drunk. It alſo bringeth down Womens Courſes, and expelleth the dead Child. It is moſt effectual againſt the Poiſon of all Serpents, being drunk in Wine, and the bruiſed Herb outwardly applied; uſed with Honey, it cleanſeth old and foul Ulcers; and made into an Oil, and the Eyes anointed therewith, taketh away their Dimneſs and Moiſtneſs. It is likewiſe good for the Pains in the Sides, and Cramps. The Decoction thereof taken for four Days together, driveth away and cureth both Tertian and Quartan

Cough, Spleen, Dyſury, Dropſy, Terms provokes, dead Child, Poiſon, Ulcers, Agues, Cramps, Falling Sickneſs, Head-ach, Melancholy, Dulneſs of Spirit, Convulſions, Palſy, Yellow-Jaundice, Worms.

Quartan Agues. It is alfo good againft all Diſeaſes of the Brain, as continual Head-ach, Falling-ſickneſs, Melancholy, Drowſineſs and Dulneſs of the Spirits, Convulſions and Palſies. A Dram of the Seed taken in Powder purgeth by Urine, and is good againſt the Yellow Jaundice. The Juice of the Leaves dropped into the Ears killeth the Worms in them. The Tops thereof, when they are in Flowers, ſteeped twenty-four Hours in a Draught of White-Wine, and drunk, killeth Worms in the Belly.

Stinking Gladwin.

Deſcript.] *THIS is one of the Kinds of Flower-de-luces, having divers Leaves ariſing from the Roots very like a Flower-de-luce, but that they are ſharp-edged on both Sides, and thicker in the Middle, of a deeper green Colour, narrower and ſharper pointed, and a ſtrong ill Scent, if they be bruiſed between the Fingers. In the Middle riſeth up a reaſonable ſtrong Stalk, a Yard high at the leaſt, beareth three or four Flowers at the Top, made ſomewhat like the Flowers of the Flower-de-luce, with three upright Leaves, of a dead purpliſh Aſh-Colour, with ſome Veins diſcoloured in them; the other three do not fall down, nor the three other ſmall ones are ſo arched, nor cover the lower Leaves as the Flower-de-luce doth, but ſtand looſe or aſunder from them. After they are paſt, there come up three ſquare hard Husks, opening wide into three Parts when they are ripe, wherein lie reddiſh Seed, turning back when it hath abiden long. The Root is like that of the Flower-de-luce, but reddiſh on the Outſide, and whitiſh within, very ſharp and hot in the Taſte, of as evil Scent as the Leaves.*

Place.] This groweth as well in upland Grounds as in moiſt Places, in Woods, and ſhadowy Places by the Sea-ſide in many Places of this Land, and is uſually nurſed up in Gardens.

Time.] It flowereth not until *July*, and the Seed is ripe in *Auguſt* or *September*; yet, the Huſks, after they are ripe, opening themſelves, will hold their Seed with them for two or three Months, and not ſhed them.

Government and Virtues.] It is ſuppoſed to be under the Dominion of *Saturn*. It is uſed by many Country People to purge corrupt Phlegm and Choler, which they do by drinking the Decoction of the Roots; and ſome, to make it more gentle,

gentle, do but infufe the fliced Roots in Ale; and fome take the Leaves, which ferve well for the weaker Stomachs: The Juice hereof put up, or fnuffed up the Nofe, caufeth Sneezing, and draweth from the Head much Corruptions; and the Powder thereof doth the fame. The Powder thereof drunk in Wine, helpeth thofe that are troubled with Cramps and Convulfions, or with the Gout and Sciatica, and giveth Eafe to thofe that have any griping Pains in their Body or Belly, and helpeth thofe that have the Strangury. It is given with much Profit to thofe that have had long Fluxes by the fharp and evil Quality of Humours, which it ftayeth, having firft cleanfed and purged them by the drying and binding Property therein. The Root boiled in Wine and drunk, doth effectually procure Womens Courfes, and ufed as a Peffary, worketh the fame Effect, but caufeth Abortion in Women with Child. Half a Dram of the Seed beaten to Powder, and taken in Wine, doth fpeedily caufe one to pifs, which otherwife cannot. The fame taken with Vinegar, diffolveth the Hardnefs and Swellings of the Spleen. The Root is very effectual in all Wounds, and efpecially of the Head; as alfo to draw forth any Splinters, Thorns, or broken Bones, or any other Thing ficking in the Flefh, without caufing Pains, being ufed with a little Verdigreafe and Honey, and the great Centaury Root. The fame boiled in Vinegar, and laid upon any Tumour or Swelling, doth very effectually diffolve and confume them; yea, even the Swellings of the Throat called the King's Evil, the Juice of the Leaves or Roots healeth the Itch, and all running or fpreading Scabs or Sores, or Blemifhes, or Scars in the Skin whereforever they be.

Phlegm, Choler, Head, Cramp, Convulfions, Gout, Sciatica, Bellyach, Strangury, Fluxes, Terms provokes, Dyfury, Spleen, broken Bones, Splinters, Wounds, Thorns, Itch, King's-Evil, Blemifhes in the Skin, Scabs.

Golden-Rod.

Defcript.] THIS ariseth up with browniſh, ſmall round Stalks, two Foot high, and ſometimes more, having thereon many narrow and long dark green Leaves, very ſeldom with any Dents about the Edges, or any Stalks or white Spots therein, yet they are ſometimes ſo found, divided at the Tops into many ſmall Branches, with divers ſmall

ſmall yellow Flowers on every one of them, all which are turned one Way, and being ripe, do turn into Down, and are carried away by the Wind. The Root conſiſts of many ſmall Fibres, which grows not deep in the Ground, but abideth all the Winter thereon, ſhooting forth new Branches every Year, the old one lying down to the Ground.

Place.] It groweth in the open Places of Woods and Copſes, both moiſt and dry Grounds in many Places of this Land.

Time.] It flowereth about the Month of *July.*

Government and Virtues.] *Venus* claims the Herb, and therefore to be ſure it reſpects Beauty loſt. *Arnoldus de Villa nova,* commends it much againſt the Stone in the Reins and Kidneys, and to provoke Urine in Abundance, whereby alſo the Gravel and Stone may be avoided. The Decoction of the Herb green or dry, or the diſtilled Water thereof is very effectual for inward Bruiſes, as alſo to be outwardly applied; it ſtayeth Bleeding in any Part of the Body, and of Wounds; alſo the Fluxes of Humours, the Bloody-flux, and Women's Courſes; and is no leſs prevalent in all Ruptures or Burſtings, being drunk inwardly, and outwardly applied. It is a Sovereign Wound Herb, inferior to none, both for inward and outward Hurts; green Wounds and old Sores and Ulcers, are quickly cured therewith. It alſo is of eſpecial Uſe in all Lotions for Sores, or Ulcers in the Mouth, Throat, or Privy-Parts of Man or Woman. The Decoction alſo helpeth to faſten the Teeth that are looſe in the Gums.

Beauty loſt, Stone, Dyſury, Gravel, Wounds, Flux, Bloody-flux, Terms ſtops, Ruptures, Ulcers, ſore Mouth and Throat, Teeth looſe.

Gout-wort, *or* Herb-Gerrard.

Deſcript.] *IT is a low Herb ſeldom riſing half a Yard high, having ſundry Leaves ſtanding on browniſh green Stalks by three, ſnipped about, and of a ſtrong unpleaſant Savour: The Umbles of the Flowers are white, and the Seed blackiſh, the Root runneth in the Ground, quickly taking a great deal of Room.*

Place] It groweth by Hedge and Wall-ſides, and often in the Border and Corners of Fields, and in Gardens alſo.

Time.

Time.] It flowereth and ſeedeth about the End of *July*.

Government and Virtues.] *Saturn* rules it: Neither is it to e ſuppoſed *Gout-wort* hath its Name for nothing, but upon Experience to heal the Gout and Scia- ica; as alſo Joint-aches, and other cold Griefs. The very bearing of it about ne eaſeth the Pains of the Gout, and defends him that bears t from the Diſeaſe. *Gout, Sciatica, Joints,*

Gromel.

OF this I ſhall briefly deſcribe their Kinds, which are principally uſed in Phyſick, the Virtues whereof are alike, though ſomewhat different in their Manner and Form of growing.

Deſcript.] The greater Gromel groweth up with ſlender hard and hairy Stalks, trailing and taking Root in the Ground, as it lieth thereon, and parted into many other ſmall Branches with hairy dark green Leaves thereon. At the Joints with the Leaves, come forth very ſmall blue Flowers, and after them hard ſtony roundiſh Seed. The Root is long and woody, abiding the Winter, and ſhooteth forth freſh Stalks in the Spring.

The ſmaller wild Gromel ſendeth forth divers upright hard branched Stalks two or three Foot high, full of Joints, at every of which groweth ſmall, long, hard, and rough Leaves like the former, but leſſer; among which Leaves come forth ſmall, white Flowers, and after them greyiſh round Seed like the former, the Root is not very big, but with many Strings thereat.

The Garden Gromel hath divers upright, ſlender, woody, hairy Stalks, blown and creſſed, very little branched, with Leaves like the former; and white Flowers, after which in rough brown Huſks is contained a white, hard, round Seed, ſhining like Pearls, and greater than either of the former; the Root is like the firſt deſcribed, with divers Branches and Sprigs thereat, which continueth (as the firſt doth) all the Winter.

Place.] The two firſt grow wild in barren or untilled Places, and by the Way-ſides in many Places of this Land. The laſt is a Nurſling in the Gardens of the Curious.

Time.] They all flower from *Midſummer* until *September* ſometimes, and in the mean Time the Seed ripeneth.

Government

Government and Virtues.] The Herb belongs to Dame *Venus*; and therefore if *Mars* cauſe the Cholick or Stone, as uſually he doth, if in *Virgo*, this is your Cure. Theſe are accounted to be of as ſingular Force as any Herb or Seed whatſoever, to break the Stone and to void it, and the Gravel either in the Reins or Bladder, as alſo to provoke Urine being ſtopped, and to help the Strangury. The Seed is of greateſt Uſe, being bruiſed and boiled in white Wine or in Broth, or the like, or the Powder of the Seed taken therein. Two Drams of the Seed in Powder taken with Womens Breaſt-Milk, is very effectual to procure a very ſpeedy Delivery to ſuch Women as have ſore Pains in their Travail, and cannot be delivered: The Herb itſelf, (when the Seed is not to be had) either boiled, or the Juice thereof drunk, is effectual to all the Purpoſes aforeſaid, but not ſo powerful or ſpeedy in Operation.

Stone, Gravel, Strangury, Travail in Women.

Gooſberry-Buſh.

CAlled alſo Feap-berry, and in *Suſſex* Dew-berry Buſh, and in ſome Counties Wine-berry.

Government and Virtues.] They are under the Dominion of *Venus*. The Berries, while they are unripe, being ſcalded, or baked, are good to ſtir up a fainting or decayed Appetite, eſpecially ſuch whoſe Stomachs are afflicted by cholerick Humours: They are excellent good to ſtay Longings of Women with Child. They may eaſily keep them preſerved with Sugar all the Year long. The Decoction of the Leaves of the Tree cools hot Swellings and Inflammations; as alſo St. *Anthony*'s Fire. The ripe Gooſberries being eaten, are an excellent Remedy to allay the violent Heat both of the Stomach and Liver. The young and tender Leaves break the Stone, and expel Gravel both from the Kidneys and Bladder. All the Evils they do to the Body of Man is, they are ſuppoſed to breed Crudities, and by Crudities, Worms.

Appetite, Stomach, Womens longing, Inflammations, Smelling, St. Anthony's *Fire, Stomach, Liver, Stone, Gravel, Stone.*

Winter-

Winter-Green.

Deſcript.] THIS ſends forth ſeven, eight, or nine Leaves from a ſmall brow-creeping Root, every one ſtanding upon a long Foot-ſtalk, which are almoſt as broad as long, round pointed, of a ſad green Colour, and hard in handling, and like the Leaf of a Pear-Tree; from whence ariſeth a ſlender weak Stalk, yet ſtanding upright, bearing at the Top many ſmall white and ſweet ſmelling Flowers, laid open like a Star, conſiſting of five round-pointed Leaves, with many yellowiſh Threads ſtanding in the Middle about a green Head, and a long Stalk with them, which in Time groweth to be the Seed-Veſſel, which being ripe is found five-ſquare, with a ſmall Point at it, wherein is contained Seed as ſmall as Duſt.

Place.] It groweth ſeldom in Fields, but frequent in the Woods Northwards, *viz.* in *Yorkſhire*, *Lancaſhire*, and *Scotland*.

Time.] It flowereth about *June* and *July*.

Government and Virtues.] Winter green is under the Dominion of *Saturn*, and is a ſingular good Wound-Herb, and an eſpecial Remedy for to heal green Wounds ſpeedily, the green Leaves being bruiſed and applied, or the Juice of them. A Salve made of the green Herb ſtamped, or the Juice boiled with Hog's Lard, or with Sallad-Oil and Wax, and ſome Turpentine added unto it, is a ſovereign Salve, and highly extolled by the *Germans*, who much uſe it to heal all Manner of Wounds and Sores. The Herb boiled in Wine and Water, and given to drink to them that have any inward Ulcers in their Kidneys, or Neck of the Bladder, doth wonderfully help them. It ſtayeth all Fluxes, whether of Blood or Humours, as the Laſk, bloody Fluxes, Womens Courſes, and bleeding of Wounds, and taketh away any Inflammations riſing upon Pains of the Heart; it is no leſs helpful for foul Ulcers hard to be cured; as alſo for Cankers or Fiſtula's. The diſtilled Water of the Herb doth effectually perform the ſame Things.

Wounds, Ulcers, Kidneys, Bladder, Flux, Bloody-Flux, Terms ſtops, Inflammations, Cankers, Fiſtula's.

Groundſel.

Deſcript.] *OUR common Groundſel hath a round green and ſomewhat browniſh Stalk, ſpreading towards the Top into Branches, ſet with long and ſomewhat narrow green Leaves, cut in on the Edges. ſomewhat like the Oak-Leaves, but leſſer, and round at the End. At the Tops of the Branches ſtand many ſmall green Heads, out of which grow many ſmall, yellow Threads or Thrumbs, which are the Flowers, and continue many Days blown in that manner, before it paſs away into Down, and with the Seed is carried away in the Wind. The Root is ſmall and thready, and ſoon periſheth, and as ſoon riſeth again of its own ſowing, ſo that it may be ſeen many Months in the Year, both green and in Flower, and Seed; for it will ſpring and ſeed twice in a Year at leaſt, if it be ſuffered in a Garden.*

Place.] This groweth almoſt every where, as well on Tops of Walls, as at the Foot, among Rubbiſh and untilled Grounds, but eſpecially in Gardens.

Time.] It flowereth, as is ſaid before, almoſt in every Month throughout the Year.

Government and Virtues.] This Herb is *Venus*'s Miſtreſs-piece, and is as gallant an univerſal Medicine for all Diſeaſes coming of Heat, whereſoever they be, or in what Part of the Body ſoever they be, as the Sun ſhines upon; it is very ſafe and friendly to the Body of Man; yet cauſeth vomiting if the Stomach be afflicted; if not, purging; and it doth it with more Gentleneſs than can be expected; it is moiſt, and ſomething cold withal, thereby cauſing Expulſion, and repreſſing the Heat cauſed by the Motion of the internal Parts in Purges and Vomits. Lay by our learned Receipts; take ſo much Sena, ſo much Scammony, ſo much Colocynthis, ſo much Infuſion of Crocus Metallorum, *&c.* This Herb alone preſerved in a Syrup, in a diſtilled Water, or in an Ointment, ſhall do the Deed for you in all hot Diſeaſes, and ſhall do it, 1. Safely. 2. Speedily.

The Decoction of the Herb (ſaith *Dioſcorides*) made with Wine, and drunk, helpeth the Pains of the Stomach, proceeding of Choler (which it may well do by a Vomit) as daily Experience ſheweth. The Juice thereof taken in Drink, or the Decoction of it in Ale, gently

Choler in the Stomach, yellow Jaundice, Falling Sickneſs, Dyſury,

gently performeth the fame. It is good againft the Jaundice and Falling-ficknefs, being taken in Wine; as alfo againft Difficulty of making Water. It provokes Urine, expelleth Gravel in the Reins or Kidneys; a Drachm thereof given in Oxymel, after fome walking or ftirring of the Body. It helpeth alfo the Sciatica, griping of the Belly, and the Cholick; helpeth the Defects of the Liver, and provoketh Womens Courfes. The freh Herb boiled, and made into a Poultice, applied to the Breafts of Women that are fwoln with Pain and Heat, as alfo the Privy-parts of Man or Woman, the Seat or Fundament, or the Arteries, Joints, and Sinews, when they are inflamed and fwoln, doth much eafe them; and ufed with fome Salt, helpeth to diffolve Knots or Kernels in any Part of the Body. The Juice of the Herb, or (as *Diofcorides* faith) the Leaves and Flowers, with fome fine Frankincenfe in Powder, ufed in Wounds of the Body, Nerves or Sinews, do fingularly help to heal them. The diftilled Water of the Herb performeth well all the aforefaid Cures, but efpecially for Inflammations or Watering of the Eyes, by Reafon of the Defluction of Rheum into them.

Gravel, Sciatica, Cholick, Liver, Terms provokes, Womens Breafts, Privy Parts, Arteries, Joints and Sinews over-heated, Kernels, Wounds in the Sinews, Inflammations in the Eyes.

Heart's-Eafe.

THIS is that Herb which fuch Phyficians as are licenfed to blafpheme by Authority, without Danger of having their Tongue bored through with an hot Iron, call an Herb of the Trinity. It is alfo called by thofe that are more moderate, Three Faces in a Hood, Live in Idlenefs, Cull me to you; and in *Suffex* we call them Pancies.

Place.] Befides thofe which are brought up in Gardens, they grow commonly about wild, in the Fields, efpecially in fuch as are very barren; fometimes you may find it on the Tops of the high Hills.

Time.] They flower all the Spring and Summer long.

Government and Virtues.] The Herb is really *Saturnine*, fomething cold, vifcous, and flimy. A ftrong Decoction of the Herbs and Flowers (if you will, you may make it into Syrup, or diftil it in an Alembick, with what Vehicle you

French-Pox, Convulfions, Falling-Sickneſs, Inflammations in the Breaſt and Lungs, Pleuriſy, Scabs, Itch.

pleaſe) is an excellent Cure for the *French* Pox, the Herb being a gallant Antivenerean; and that Antivenereans are the beſt Cure for that Diſeaſe, far better and ſafer than to torment them with the Flux, divers foreign Phyſicians have confeſſed. The Spirit of it is excellent good for the Convulſions in Children, as alſo for the Falling-ſickneſs, and a gallant Remedy for the Inflammation of the Lungs and Breaſts, Pleuriſy, Scabs, Itch, &c. It is under the celeſtial Sign *Cancer*.

Artichokes.

THE *Latins* call them *Cinera*, only our College calls them *Artichocus*.

Government and Virtues.] They are under the Dominion of *Venus*, and therefore it is no Marvel if they provoke Luſt much, as indeed they do, being ſomething windy Meat; and yet they ſtay the involuntary Courſe of natural Seed in Man, which is commonly called nocturnal Pollutions. And here I care not greatly if I quote a little of *Galen*'s Nonſenſe in his Treatiſe of the *Faculties of Nouriſhment*. He ſaith, they contain plenty of cholerick Juice (which notwithſtanding I can ſcarcely believe) of which he ſaith is engendered melancholy Juice, and of that melancholy Juice thin cholerick Blood. But to proceed; this is certain, that the Decoction of the Root boiled in Wine, or the Root bruiſed and diſtilled in Wine in an Alembick, and being drunk, purgeth by Urine exceedingly.

Luſt provokes, nocturnal Pollutions, purge by Urine.

Harts-Tongue.

Deſcript.] THIS hath divers Leaves ariſing from the Root, every one ſeverally, which fold themſelves in their firſt ſpringing and ſpreading; when they are full grown, are about a Foot long, ſmooth and green above, but hard and with little Sap in them, and ſtreaked on the Back, thwart on both Sides of the middle Rib, with ſmall and ſomewhat long and browniſh Marks; the Bottoms of the Leaves are a little bowed on each Side of the middle Rib, ſomewhat narrow with the

the Length, and ſomewhat ſmall at the End. The Root is of many black Threads, folded or interlaced together.

Time] It is green all the Winter; but new Leaves ſpring every Year.

Government and Virtues.] *Jupiter* claims Dominion over this Herb; therefore is a ſingular Remedy for the Liver, both to ſtrengthen it when weak, and eaſe it when afflicted, it is no Matter by what; you ſhall do well to keep it in a Syrup all the Year; for tho' Authors ſay it is green all the Year, I ſcarce believe it. *Harts Tongue* is much commended againſt the Hardneſs and Stoppings of the Spleen and Liver, and againſt the Heat of the Liver and Stomach, and againſt Laſks, and the bloody Flux. The diſtilled Water thereof is alſo very good againſt the Paſſions of the Heart, and to ſtay the Hiccough, to help the falling of the Palate, and to ſtay the bleeding of the Gums, being gargled in the Mouth. *Dioſcorides* ſaith, it is good againſt the ſtinging or biting of Serpents. As for the Uſe of it, my Direction at the latter End will be ſufficient, and enough for thoſe that are ſtudious in Phyſick, to whet their Brains upon for one Year or two.

Spleen, Liver, Flux, bloody Flux, Hiccough, Gums, venomous Beaſts.

Hazel-Nut.

HAzel-Nuts are ſo well known to every Body, that they need no Deſcription.

Government and Virtues.] They are under the Dominion of *Mercury*. The parted Kernels made into an Electuary, or the Milk drawn from the Kernels with Mead or honeyed Water, is very good to help an old Cough; and being parched, and a little Pepper put to them and drunk digeſteth the Diſtillations of Rheum from the Head. The dried Huſks and Shells, to the Weight of two Drachms, taken in red Wine, ſtayeth Laſks and Womens Courſes, and ſo doth the red Skin that covers the Kernels, which is more effectual to ſtay Womens Courſes.

Cough, Phthiſic, Flux, Terms ſtops.

And if this be true, as it is, then why ſhould the Vulgar ſo familiarly affirm, that eating Nuts cauſeth Shortneſs of Breath, than which nothing is falſer? For, how can that which ſtrengthens the Lungs, cauſe Shortneſs of Breath?

I confefs, the Opinion is far older than I am; I knew Tradition was a Friend to Error before, but never that he was the Father of Slander: Or are Mens Tongues fo given to flandering one another, that they muft flander Nuts too, to keep their Tongues in ufe? If any thing of the Hazel Nut be ftopping, it is the Huſks and Shells, and no Body is fo mad to eat them, unleſs phyſically; and the red Skin which covers the Kernel, you may eaſily pull off. And fo thus have I made an Apology for Nuts, which cannot fpeak for themfelves.

Hawk-weed.

Deſcript.] *It hath many large Leaves lying upon the Ground, much rent or torn on the Sides into Gaſhes like* Dandelion, *but with greater Parts, more like the fmooth* Sow Thiſtle, *from among which riſeth a hollow, rough Stalk, two or three Foot high, branched from the Middle upward, whereon are ſet at every Joint longer Leaves, little or nothing rent or cut, bearing on their Top fundry pale, yellow Flowers, conſiſting of many ſmall, narrow Leaves, broad pointed, and nicked in at the Ends, ſet in a double Row or more, the outermoſt being larger than the inner, which from moſt of the* Hawk-weeds *(for there are many Kinds of them) do hold, which turn into Down, and with the ſmall brownifh Seed is blown away with the Wind. The Root is long, and ſomewhat greater, with many ſmall Fibres thereat. The whole Plant is full of bitter Milk.*

Place.] It groweth in divers Places about the Field-ſides, and the Path-ways in dry Grounds.

Time.] It flowereth and flies away in Summer Months.

Government and Virtues.] *Saturn* owns it. Hawk-weed (ſaith *Dioſcorides*) is cooling, fomewhat drying and binding, and therefore good for the Heat of the Stomach, and gnawings therein; and Inflammations, and the hot Fits of Agues. The Juice thereof in Wine, helpeth Digeſtion, diſcuſſeth Wind, hindereth Crudities abiding in the Stomach, and helpeth the Difficulty of making Water, the biting of venomous Serpents, and ſtinging of of the Scorpion, if the Herb be alſo

Cools, dries, binds, gnawing in the Stomach, Inflammations, Agues, Crudities, Dyſury, venomous Beaſts, Poiſon, Dropſy, Flegm, Cholick, Spleen, watching, Luſt ſtops, venerous Dreams, Reins, Bladder.

ſo outwardly applied to the Place, and is very good againſt all other Poiſons. A Scruple of the dried Root given in Wine and Vinegar, is profitable for thoſe that have the Dropſy. The Decoction of the Herb taken with Honey, digeſteth the Phlegm in the Cheſt or Lungs, and with Hyſſop helpeth the Cough. The Decoction thereof, and of wild Succory, made with Wine, and taken, helpeth the Wind-Cholick and Hardneſs of the Spleen; it procureth Reſt and Sleep, hindereth Venery and venerous Dreams, cooling Heats, purgeth the Stomach, increaſeth Blood, and helpeth the Diſeaſes of Reins and Bladder. Outwardly applied, it is ſingular good for all the Defects and Diſeaſes of the Eyes, uſed with ſome Womens Milk; and uſed with good Succeſs in fretting or creeping Ulcers, eſpecially in the Beginning. The Green bruiſed, and with a little Salt applied to any Place burnt with Fire, before Bliſters do ariſe, helpeth them; as alſo Inflammations, St. *Anthony*'s Fire, and all Puſhes and Eruptions, hot and ſalt Phlegm. The ſame applied with Meal and fair Water in manner of a Poultice, to any Place affected with Convulſions and the Cramp, ſuch as are out of Joint, doth give Help and Eaſe. The diſtilled Water cleanſeth the Skin, and taketh away Freckles, Spots, Morphew, or Wrinkles in the Face.

Eyes, Ulcers, Burnings, Inflammations, St. Anthony's Fire, Heat, ſalt Phlegm, Convulſions, Cramp, Morphew, Freckles, Spots, Wrinkles.

Haw-thorn.

IT is not my Intent to trouble you with a Deſcription of this Tree, which is ſo well known that it needeth none.

It is ordinarily but a Hedge-Buſh, altho' being pruned and dreſſed, it groweth to a Tree of a reaſonable Height.

As for the Haw-thorn Tree at *Glaſtonbury*, which is ſaid to flower yearly on *Chriſtmas-day*, it rather ſhews the Superſtition of thoſe that obſerve it for the Time of its flowering, than any great Wonder, ſith the like may be found in divers other Places of this Land, as in *Whey-ſtreet* in *Romney-Marſh*, and near unto *Nantwich* in *Cheſhire*, by a Place called *White Green*, where it flowereth about *Chriſtmas* and *May*. If the Weather be froſty, it flowereth not until *January*, or that the hard Weather be over.

Government and Virtues.] It is a Tree of *Mars*. The Seeds in the Berries beaten to Powder being drunk in Wine, are held ſingular good againſt the Stone, and are good for the Dropſy. The diſtilled Water of the Flowers ſtayeth the Laſk. The Seed cleared from the Down, bruiſed and boiled in Wine, and drunk, is good for inward tormenting Pains. If Cloths and Spunges be wet in the diſtilled Water, and applied to any Place wherein Thorns and Splinters, or the like, do abide in the Fleſh, it will notably draw them forth.

Stone, Dropſy, Flux, inward Pains, Splinters, Thorns.

And thus you ſee the Thorn gives a Medicine for his own pricking, and ſo doth almoſt every Thing elſe.

Hemlock.

Deſcript.] THE common great Hemlock groweth up with a green Stalk, four or five Foot high, or more, full of red Spots ſometimes, and at the Joints very large winged Leaves ſet at them, which are divided into many other winged Leaves one ſet againſt the other, dented about the Edges, of a ſad green Colour, branched towards the Top, where it is full of Umbels of white Flowers, and afterwards with whitiſh flat Seed: The Root is long, white, and ſometimes crooked, and hollow within. The whole Plant, and every Part, hath a ſtrong, heady, and ill-ſavoured Scent, much offending the Senſes.

Place.] It groweth in all Counties of this Land, by Walls and Hedge-Sides, in waſte Grounds and untilled Places.

Time.] It flowereth and ſeedeth in *July*, or thereabouts.

Government and Virtues.] *Saturn* claims Dominion over this Herb, yet I wonder why it may not be applied to the Privities in a *Priapiſm*, or continual ſtanding of the Yard, it being very beneficial to that Diſeaſe; I ſuppoſe, my Author's Judgment was firſt upon the oppoſite Diſpoſition of *Saturn* to *Venus* in thoſe Faculties, and therefore he forbad the applying of it to thoſe Parts, that it might not cauſe Barrenneſs, or ſpoil the Spirit procreative; which if it do, yet applied to the Privities, it ſtops its luſtful Thoughts. *Hemlock* is exceedingly cold, and very dangerous, eſpecially

Leachery, Inflammations, St. Anthony's

cially to be taken inwardly. It may fafely be applied to Inflammations, Tumours, and Swellings in any Part of the Body (fave the Privy parts) as alfo to St. *Anthony*'s Fire, Wheals, Puſhes, and creeping Ulcers that ariſe of hot ſharp Humours, by cooling and repelling the Heat; the Leaves bruiſed and laid to the Brow or Forehead are good for their Eyes that are red and ſwollen. As alſo to take away a Pin and Web growing in the Eye, this is a tried Medicine: Take a ſmall Handful of this Herb, and half ſo much Bay Salt, beaten together, and applied to the contrary Writt of the Hand, for 24 Hours, doth remove it in thrice dreſſing. If the Root thereof be roaſted under the Embers, wrapped in double wet Paper, until it be ſoft and tender, and then applied to the Gout in the Hands or Fingers, it will quickly help this Evil. If any thro' Miſtake eat the Herb *Hemlock* inſtead of Parſley, or the Roots inſtead of a Parſnip (both of which it is very like) whereby happeneth a kind of Frenzy, or Perturbation of the Senſes, as if they were ſtupid and drunk, the Remedy is (as *Pliny* ſaith) to drink of the beſt and ſtrongeſt pure Wine, before it ſtrike to the Heart, or Gentian put in Wine, or a Draught of Vinegar, wherewith *Tragus* doth affirm, that he cured a Woman that had eaten the Root.

Fire, Tetters, Ring-Worms, Eyes, Pin and Web, Gout.

Hemp.

THIS is ſo well known to every good Houſewife in the Country, that I ſhall not need to write any Deſcription of it.

Time.] It is ſown in the End of *March*, or Beginning of *April*, and is ripe in *Auguſt* or *September*.

Government and Virtues.] It is a Plant of *Saturn*, and good for ſomething elſe, you ſee, than to make *Halters* only. The Seed of *Hemp* conſumeth Wind, and by too much Uſe thereof diſperſeth it ſo much, that it drieth up the natural Seed for Procreation; yet, being boiled in Milk, and taken, helpeth ſuch as have

Wind, Cough, Jaundice, Gall, Choler, Flux Cholerick, Bleeding, Worms, Earwigs, Inflammations, Gout, Sinews ſhrunk.

a hot dry Cough. The *Dutch* make an Emulſion out of the Seed, and give it with good Succeſs to thoſe that have the Jaundice, eſpecially in the Beginning of the Diſeaſe, if there be no Ague accompanying it, for it openeth Obſtructions of the Gall, and cauſeth Digeſtion of Choler. The Emulſion or Decoction of the Seed ſtayeth Laſks and continual Fluxes, eaſeth the Cholick, and allayeth the troubleſome Humours in the Bowels, and ſtayeth Bleeding at the Mouth, Noſe, or other Places, ſome of the Leaves being fried with the Blood of them that bleed, and ſo given them to eat. It is held very good to kill the Worms in Men or Beaſts; and the Juice dropped into the Ears killeth Worms in them; and draweth forth Earwigs, or other living Creatures gotten into them. The Decoction of the Root allayeth Inflammations of the Head, or any other Parts; the Herb itſelf, or the diſtilled Water thereof, doth the like. The Decoction of the Roots eaſeth the Pains of the Gout, the hard Humours of Knots in the Joints, the Pains and Shrinkings of the Sinews, and the Pains of the Hips. The freſh Juice, mixed with a little Oil and Butter, is good for any Place that hath been burnt with Fire, being thereto applied.

Henbane.

Deſcript. OUR common Henbane hath very large, thick, ſoft, woolly Leaves, lying on the Ground, much cut in, or torn on the Edges, of a dark, ill greyiſh green Colour; among which ariſe up divers thick and ſhort Stalks, two or three Foot high, ſpread into divers ſmaller Branches, with leſſer Leaves on them, and many hollow Flowers, ſcarce appearing above the Huſk, and uſually torn on one Side, ending in five round Points, growing one above another, of a deadiſh yellowiſh Colour, ſomewhat paler towards the Edges, with many purpliſh Veins therein, and of a dark, yellowiſh Purple in the Bottom of the Flower, with a ſmall Point of the ſame Colour in the Middle, each of them ſtanding in a hard cloſe Huſk, which after the Flower is paſt, groweth very like the Huſk of Aſarabacca, and ſomewhat ſharp at the top Points, wherein is contained much ſmall Seed, very like Poppy Seed, but of a duſky, greyiſh Colour. The Root is great, white, and thick, branching forth divers Ways under Grounds, ſo like a Parſnip Root (but that it is

not

not fo white) that it hath deceived divers. The whole Plant, more than the Root, hath a very heavy, ill, foporiferous Smell, fomewhat offenfive.

Place.] It commonly groweth by the Way-fides, and under Hedge-fides and Walls.

Time] It flowereth in *July*, and fpringeth again yearly of its own Seed.

I doubt my Authors miftook *July* for *June*, if not for *May*.

Government and Virtues.] I wonder in my Heart how Aftrologers could take on them to make this an Herb of *Jupiter*; and yet *Mezaldus*, a Man of a penetrating Brain, was alfo of that Opinion as well as the reft; the Herb is indeed under the Dominion of *Saturn*, and I prove it by this Argument:

All the Herbs which delight moft to grow in *Saturnine* Places, are *Saturnine* Herbs.

But *Henbane* delights moft to grow in *Saturnine* Places, and whole Cart-Loads of it may be found near the Places where they empty the common Jakes, and fcarce a Ditch to be found without it growing by it. *Ergo*, it is an Herb of *Saturn*.

The Leaves of *Henbane* do cool all hot Inflammations in the Eyes, or any other Part of the Body; and are good to aflwage all manner of Swellings of the Cods, or Womens Breafts, or elfewhere, if they be boiled in Wine, and either applied themfelves, or the Fomentation warm; it alfo aflwageth the Pain of the Gout, the Sciatica, and other Pains in the Joints which arife from a hot Caufe. And applied with Vinegar to the Forehead and Temples, helpeth the Head-ach and Want of Sleep in hot Fevers. The Juice of the Herb or Seed, or the Oil drawn from the Seed, does the like. The Oil of the Seed is helpful for Deafnefs, Noife, and Worms in the Ears, being dropped therein; the Juice of the Herb or Root doth the fame. The Decoction of the Herb or Seed, or both, killeth Lice in Man or Beaft. The Fume of the dried Herb, Stalks and Seed, burned, quickly healeth Swellings, Chilblains, or Kibes in the Hands or Feet, by holding them in the Fume thereof. The Remedy to help thofe that have taken

Inflammations, Cods, Womens Breafts, Sciatica, Gout, Joints, Watchings, Deafnefs, Noife in the Ears, Chilblains, Kibes.

Henbane

Henbane is to drink Goat's Milk, honeyed Water, or Pine Kernels, with ſweet Wine; or, in the Abſence of theſe, Fennel-ſeed, Nettle-ſeed, the Seed of Creſſes, Muſtard, or Radiſh; as alſo Onions or Garlick taken in Wine, do all help to free them from Danger, and reſtore them to their due Temper again.

Take Notice, that this Herb muſt never be taken inwardly; outwardly, an Oil, Ointment, or Plaiſter of it, is moſt admirable for the Gout, to cool the venereal Heat of the Reins in the French Pox; to ſtop the Tooth-ach, being applied to the aking Side; to allay all Inflammations, and to help the Diſeaſes before premiſed.

French-Pox, Tooth-ach.

Hedge-Hyſſop.

Deſcript.] DIvers Sorts there are of this Plant; the firſt of which is an *Italian* by Birth, and only nurſed up here in the Gardens of the Curious. Two or three Sorts are found commonly growing wild here; the Deſcription of two of which I ſhall give you. The firſt is a ſmooth, low Plant, not a Foot high, very bitter in Taſte, with many ſquare Stalks, diverſly branched from the Bottom to the Top with divers Joints, and two ſmall Leaves at each Joint, broader at the Bottom than they are at the End, a little dented about the Edges, of a ſad green Colour, and full of Veins. The Flowers ſtand at the Joints, being of a fair purple Colour, with ſome white Spots in them, in Faſhion like thoſe of dead Nettles. The Seed is ſmall and yellow, and the Roots ſpread much under Ground.

The ſecond ſeldom groweth half a Foot high, ſending up many ſmall branches, whereon grow many ſmall Leaves, ſet one againſt the other, ſomewhat broad, but very ſhort. The Flowers are like the Flowers of the other in Faſhion, but of a pale reddiſh Colour. The Seeds are ſmall and yellowiſh. The Root ſpreadeth like the other, neither will it yield to its Fellow one Ace of Bitterneſs.

Place.] They grow in wet, low Grounds, and by the Water-ſides; the laſt may be found among the Bogs on *Hampſtead Heath.*

Time.] The flower in *June* and *July*, and the Seed is ripe preſently after.

Government

Government and Virtues.] They are Herbs of *Mars*, and as cholerick and churliſh as he is, being moſt violent Purgers, eſpecially of Choler and Phlegm. It is not ſafe taking them inwardly, unleſs they be well rectified by the Art of the Alchymiſt, and only the Purity of them given; ſo uſed they may be very helpful both for the Dropſy, Gout, and Sciatica; outwardly uſed in Ointments they kill Worms, the Belly anointed with it, and are excellent good to cleanſe old and filthy Ulcers.

Choler, Phlegm, Dropſy, Gout, Sciatica, Worms, Ulcers.

Black Hellebore.

IT is called alſo *Setter-wort*, *Setter-graſs*, *Bears-foot*, *Chriſtmas-herb*, and *Chriſtmas flower*.

Deſcript.] It hath ſundry fair green Leaves riſing from the Root, each of them ſtanding about an Handful high from the Earth; each Leaf is divided into ſeven, eight, or nine Parts, dented from the middle of the Leaf to the Point on both Sides, abiding green all the Winter; about *Chriſtmas*-time, if the Weather be any thing temperate, the Flowers appear upon Foot-ſtalks, alſo conſiſting of five large, round, white Leaves apiece, which ſometimes are purple towards the Edges, with many pale yellow Thrumbs in the Middle; the Seeds are divided into ſeveral Cells, like thoſe of Columbines, ſave only that they are greater; the Seeds are in Colour black, and in Form long and round. The Root conſiſteth of numberleſs blackiſh Strings, all united into one Head.

There is another *Black Hellebore*, which grows up and down in the Woods very like this, but only that the Leaves are ſmaller and narrower, and periſh in the Winter, when this doth not.

Place.] The firſt is maintained in Gardens. The ſecond is commonly found in the Woods in *Northamptonſhire*.

Time.] The firſt flowereth in *December* or *January*; the ſecond in *February* or *March*.

Government and Virtues.] It is an Herb of *Saturn*, and therefore no Marvel if it hath ſome ſullen Conditions with it, and would be far ſafer, being purified by the Art of the Alchymiſt, than given raw. If any have taken any Harm by taking it, the common Cure is to take Goat's Milk: If you cannot get Goat's Milk, you muſt make a Shift with ſuch as you can get. The Roots are very effectual againſt all

Melancholy, Quartan Agues, Madneſs, Falling-ſickneſs, Leproſy, yellow & black Jaundice, Gout, Sciatica, Terms provokes, Ulcers dead Fleſh, Cough, and Poiſon in Cattle.

Melancholy

Melancholy Difeafes, efpecially fuch as are of long Standing, as Quartan Agues, and Madnefs. It helps the Falling-ficknefs, and the Leprofy, both the yellow and black Jaundice, the Gout, Sciatica, and Convulfions; and truly this was found out by Experience, that the Root of that which groweth wild in our Country, works not fo churlifhly as thofe do which are brought from beyond Sea, as being maintained by a more temperate Air. The Root, ufed as a Peffary, provokes the Terms exceedingly; alfo being beaten into Powder, and ftrewed upon foul Ulcers, it confumes the dead Flefh, and inftantly heals them; nay, it will help Gangrenes in the Beginning. Twenty Grains taken inwardly is a fufficient Dofe for one Time, and let that be corrected with half fo much Cinnamon; Country People ufed to rowel their Cattle with it. If a Beaft be troubled with a Cough, or have taken any Poifon, they bore a Hole thro' his Ear, and put a Piece of the Root in it, this will help him in 24 Hours Time. Many other Ufes Farriers put it to, which I fhall forbear.

Herb-Robert.

Defcript.] IT rifeth up with a reddifh Stalk two Feet high, having divers Leaves thereon upon very long and reddifh Foot-ftalks, divided at the Ends into three or five Divifions, each of them cut in on the Edges, fome deeper than others, and all dented likewife about the Edges, which fometimes turn reddifh. At the Tops of the Stalks come forth divers Flowers made of five Leaves, much larger than the Doves-Foot, and of a more reddifh Colour; after which come black Heads, as in others. The Root is fmall and thready, and fmelleth as the whole Plant, very ftrong, almoft ftinking.

Place.] This groweth frequently every where by the Way-fides, upon Ditch Banks, and wafte Ground, whereforever one goeth.

Time.] It flowereth in *June* and *July* chiefly, and the Seed is ripe fhortly after.

Government and Virtues.] It is under the Dominion of *Venus*. Herb-Robert is commended not only againft the Stone, but to ftay Blood, where or howfoever flowing; it fpeedily healeth all green Wounds, and is effectual in old Ulcers in the Privy-parts or elfewhere. You may perfuade yourfelf this is true, and alfo

Stone, Bleeding, Ulcers in the Privities, Terms ftops, Wounds

alfo conceive a good Reafon for it, do but conſider 'tis an Herb of *Venus*, for all it hath a Man's Name.

Herb True-love, *or* One Berry.

Deſcript.] ORdinary Herb True-love, hath a ſmall creeping Root running under the uppermoſt Cruſt of the Ground ſomewhat like a Couch Graſs Root, but not ſo white, ſhooting forth Stalks with Leaves, ſome whereof carry no Berries, the others do, every Stalk ſmooth without Joints, and blackiſh green, riſing about half a Foot high, if it bear Berries, otherwiſe ſeldom ſo high, bearing at the Top four Leaves ſet directly one againſt another, in manner of a Croſs or Ribband tied (as it is called) in a True-loves Knot, which are each of them apart ſomewhat like unto a Night-ſhade Leaf but ſomewhat broader, having ſometimes three Leaves, ſometimes five, ſometimes ſix, and thoſe ſometimes greater than in others, in the middle of the four Leaves riſing up one ſmall ſlender Stalk, about an Inch high, bearing at the Tops thereof one Flower ſpread open like a Star, conſiſting of four ſmall and long narrow pointed Leaves of a yelloviſh green Colour, and four others lying between them leſſer than they; in the middle whereof ſtands a round dark purpliſh Button or Head, compaſſed about with eight ſmall yellow mealy Threads with three Colours, making it the more conſpicuous, and lovely to behold. This Button or Head in the Middle, when the other Leaves are withered, becometh a blackiſh purple Berry, full of Juice, of the bigneſs of a reaſonable Grape, having within it many white Seeds. The whole Plant is without any manifeſt Taſte.

Place.] It groweth in Woods and Copſes, and ſometimes in the Corners or Borders of Fields, and waſte Grounds in very many Places of this Land; and abundantly in the Woods, Copſes, and other Places about *Chiſl hurſt* and *Maidſtone* in *Kent*.

Time.] They ſpring up in the Middle of *April* or *May*, and are in Flower ſoon after. The Berries are ripe in the End of *May*, and in ſome Places in *June*.

Government and Virtues.] *Venus* owns it, the Leaves or Berries hereof are effectual to expel Poiſon of all Sorts, eſpecially that of the Aconites. As alſo the Plague, and other peſtilential Diſeaſes: Some have been helpen thereby, ſaith *Matthiolus*, that have lain long in a ſingering Sickneſs. And others that

Poiſon, Peſtilence, Fevers, Witchcraft, Cholick, Wounds, Ulcers, ſwellings in the Groin, Cods and Privities, Inflammations, Apoſtemes.

by

by Witchcraft (as it was thought) were become half fooliſh, by taking a Drachm of the Seeds or Berries hereof in Powder every Day for 20 Days together, they were reſtored to their former Health. The Roots in Powder taken in Wine eaſeth the Pains of the Cholick ſpeedily. The Leaves are very effectual as well for green Wounds, as to cleanſe and heal up filthy old Sores and Ulcers; and is very powerful to diſcuſs all Tumours and Swellings in the Cods, Privy-parts, or Groin, or in any Part of the Body, and ſpeedily to allay all Inflammations. The Leaves or the Juice applied to Felons, or thoſe Nails of the Hands or Toes that have Impoſthumes or Sores gathered together at the Roots of them, healeth them in a ſhort Space.

The Herb is not to be deſcribed for the Premiſes, but is fit to be nouriſhed in every good Woman's Garden.

Hyſſop.

HYſſop is ſo well known to be an Inhabitant in every Garden, that it will ſave me Labour in writing a Deſcription thereof. The Virtues are as follow.

Temperature and Virtues.] The Herb is *Jupiter*'s, and the Sign *Cancer*. It ſtrengthens all the Parts of the Body under *Cancer* and *Jupiter*; which what they may be, is found amply diſcourſed in my *Aſtrological Judgment of Diſeaſes*. *Dioſcorides* ſaith, that Hyſſop boiled with Rue and Honey, and drunk, helpeth thoſe that are troubled with Coughs, Shortneſs of Breath, wheezing and rheumatick Diſtillations upon the Lungs; taken alſo with Oxymel, it purgeth groſs Humours by Stool; and with Honey killeth Worms in the Belly; and with freſh and new Figs bruiſed, helpeth to looſen the Belly, and more forcibly if the Root of Flower-de-luce and Creſſes be added thereto. It amendeth and cheriſheth the native Colour of the Body, ſpoiled by the Yellow Jaundice; and being taken with Figs and Nitre, helpeth the Dropſy and Spleen; being boiled with Wine, it is good to waſh Inflammations, and taketh away the black and blue Spots and Marks that come by

Cough, Shortneſs of Breath, Wheezing, groſs Humours, yellow Jaundice, Worms, Dropſy, Spleen, Inflammations, black & blue Spots, Quinſey, Tooth-ach, Noiſe in the Ears, venomous Beaſts, Lice, Itching of the Head, Falling-ſickneſs, Wounds.

'y Strokes, Bruiſes or Falls, being applied with warm Water. t is an excellent Medicine for the Quinſy, or Swelling in the Throat, to waſh and gargle it, being boiled with Figs. It helpeth the Tooth-ach, being boiled in Vinegar and gargled herewith. The hot Vapours of the Decoction taken by a Funnel in at the Ears, eaſeth the Inflammation and ſinging Noiſe of them. Being bruiſed, and Salt, Honey, and Cummin-ſeed put to it, helpeth thoſe that are ſtung by Serpents. The Oil thereof (the Head being anointed) killeth Lice, and taketh away Itching of the Head. It helpeth thoſe that have the Falling-ſickneſs, which Way ſoever it be applied. It helpeth to expectorate tough Phlegm, and is effectual in all cold Griefs, or Diſeaſes of the Cheſts and Lungs, being taken either in Syrup or licking Medicine. The green Herb bruiſed and a little Sugar put thereto, doth quickly heal any Cut, or green Wounds, being thereunto applied.

Hops.

THeſe are ſo well known that they need no Deſcription; I mean the manured Kind, which every good Huſband or Houſewife is acquainted with.

Deſcript.] The wild Hop groweth up as the other doth, ramping upon Trees or Hedges, that ſtand next to them, with rough Branches and Leaves like the former, but it giveth ſmaller Heads, and in far leſs plenty than it, ſo that there is ſcarce a Head or two ſeen in a Year on divers of this wild Kind, wherein conſiſteth the chief Difference.

Place.] They delight to grow in low moiſt Grounds, and are found in all Parts of this Land.

Time.] They ſpring not up 'till *April*, and flower not 'till the latter End of *June*; the Heads are not gathered 'till the Middle or latter End of *September*.

Government and Virtues] It is under the Dominion of *Mars*. This, in phyſical Operations, is to open Obſtructions of the Liver and Spleen, to cleanſe the Blood, to looſen the Belly, to cleanſe the Reins from Gravel, and provoke Urine. The Decoction of the Tops of Hops, as well of the tame as the wild, worketh the ſame Effects.

Liver, Spleen, Obſtructions, Blood, Itch, Reins cleanſeth, Scabs, French Pox, Tetters, Ring-worms, Morphew, Poiſon, Worms,

In

Terms provokes, Dyſury, Yellow Jaundice, Liver, Stomach, Agues.

In cleanſing the Blood they help to cure the *French* Diſeaſe, and all manner of Scabs, Itch, and other Breakings out of the Body; as alſo all Tetters, Ring-worms, and ſpreading Sores, the Morphew and all diſcolouring of the Skin. The Decoction of the Flowers and Tops, dó help to expel Poiſon that any one hath drunk. Half a Dram of the Seed in Powder taken in Drink, killeth Worms in the Body, bringeth down Womens Courſes, and expelleth Urine. A Syrup made of the Juice and Sugar, cureth the Yellow Jaundice, eaſeth the Head-ach that comes of Heat, and temperateth the Heat of the Liver and Stomach, and is profitably given in long and hot Agues that riſe in Choler and Blood. Both the wild and the manured are of one Property, and alike effectual in all the aforeſaid Diſeaſes.

By all theſe Teſtimonies Beer appears to be better than Ale.

Mars owns the Plant, and then Dr. *Reaſon* will tell you how it performs theſe Actions.

Hore-Hound.

Deſcript.] COmmon Hore-Hound *groweth up with ſquare hairy Stalks, half a yard or two Foot high, ſet at the Joints with two round crumpled rough Leaves of a ſullen hoary green Colour, of a reaſonable good Scent, but a very bitter Taſte. The Flowers are ſmall, white, and gaping, ſet in a rough, hard prickly Husk round about the Joints, with the Leaves from the middle of the Stalk upward, wherein afterward is found ſmall round blackiſh Seed. The Root is blackiſh, hard and woody, with many Strings, and abideth many Years.*

Place.] It is found in many Parts of this Land, in dry Grounds, and waſte green Places.

Time.] It flowereth in and about *July*, and the Seed is ripe in *Auguſt*.

Government and Virtues.] It is an Herb of *Mercury*. A Decoction of the dried Herb, with the Seed, or the Juice of the green Herb taken with Honey, is a Remedy for thoſe that are purſy or ſhort winded, or have a Cough, or are fallen into a Conſumption, either through long

Difficulty of Breath, Cough, Conſumption, Phlegm, Terms

long Sickneſs, or thin Diſtillations of Rheum upon the Lungs. It helpeth to expectorate tough Phlegm from the Cheſt, being taken from the Roots of Iris or Orris. It is given to Women to bring down their Courſes, to expel their After-birth, and to them that have ſore and long Travails; as alſo to thoſe that have taken Poiſon, or are ſtung or bitten by venomous Serpents. The Leaves uſed with Honey, purge foul Ulcers, ſtay running or creeping Sores and the growing of the Fleſh over the Nails. It alſo helpeth Pains of the Sides. The Juice thereof with Wine and Honey, helpeth to clear the Eye-ſight, and ſnuffed up into the Noſtrils purgeth away the yellow Jaundice, and with a little Oil of Roſes dropped in the Ears, eaſeth the Pains of them. *Galen* ſaith, it openeth Obſtructions, both of the Liver and Spleen, and purgeth the Breaſts and Lungs of Phlegm; and uſed outwardly it both cleanſeth and digeſteth. A Decoction of Hore-hound (ſaith *Matthiolus*) is available for thoſe that have hard Livers, and for ſuch as have Itches and running Tetters. The Powder hereof taken, or the Decoction, killeth Worms. The green Leaves bruiſed and boiled in old Hogs Greaſe unto an Ointment, healeth the Biting of Dogs, abateth the Swellings and Pains that come by any pricking of Thorns, or ſuch like Means; and uſed with Vinegar, cleanſeth and healeth Tetters. There is a Syrup made of Hore-hound to be had at the Apothecaries, very good for old Coughs, to rid the tough Phlegm; as alſo to void cold Rheums from the Lungs of old Folks, and for thoſe that are Aſthmatick or ſhort winded.

provokes, After-birth, Wearineſs, Poiſon, venomous Beaſts, Ulcers, Sides, Eyes, yellow Jaundice, Ears, Obſtructions of the Liver and Spleen, hard Livers, Itch, Tetters, Worms, Dogs Bitings, Womens Breaſts, Thorns, Aſthma's.

Horſe-tail.

OF that there are many Kinds; but I ſhall not trouble you nor myſelf with any large Deſcription of them, which to do, were but as the Proverb is *To find a Knot in a Ruſh*, all the Kinds thereof being nothing elſe but knotted Ruſhes, ſome with Leaves and ſome without. Take the Deſcription of the moſt eminent Sort as followeth.

Decript.]

Deſcript.] The great *Horſe-tail* at the firſt ſpringing hath Heads ſomewhat like thoſe of Aſparagus, and after grow to be hard, rough, hollow Stalks, jointed at ſundry Places up to the Top, a Foot high, ſo made as if the lower Parts were put into the upper, where grow on each Side a Buſh of ſmall long ruſh-like hard Leaves, each Part reſembling a *Horſe-tail*; from whence it was ſo called. At the Tops of the Stalks come forth ſmall Catkins, like thoſe of Trees. The Root creepeth under Ground, having Joints at ſundry Places.

Place.] This (as moſt of the other Sorts hereof) groweth in wet Grounds.

Time.] They ſpring up in *April*, and their blooming Catkins in *July*, ſeeding for the moſt Part in *Auguſt*, and then periſh down to the Ground, riſing afreſh in the Spring.

Government and Virtues.] The Herb is belonging to *Saturn*, yet is very harmleſs, and excellent good for the Things following: *Horſe-tail*, the ſmoother rather than the rough, and the leaved rather than the bare, is moſt phyſical. It is very powerful to ſtanch bleeding whereſoever, either inward or outward, the Juice or the Decoction thereof being drunk, or the Juice, Decoction, or diſtilled Water applied outwardly.

Bleeding, Fluxes, inward Ulcers, Terms ſtops, piſſing Blood, Excoriations of the Bladder, Ulcers, Ruptures, Wounds, Dyſury, Stone, Strangury, Inflammations, Cough, Pimples, red Face.

It ſtayeth alſo all Sorts of Laſks and Fluxes in Man or Woman, and the piſſing of Blood, and healeth alſo not only the inward Ulcers, and the Excoriation of the Entrails, Bladder, *&c.* but all other Sorts of foul, moiſt and running Ulcers, and ſoon ſodereth together the Tops of green Wounds. It cureth all Ruptures in Children. The Decoction thereof in Wine being drunk, provoketh Urine, and helpeth the Stone and Strangury; and the diſtilled Water thereof drunk two or three times in a Day, and a ſmall Quantity at a time, alſo eaſeth the Entrails or Guts, and is effectual againſt a Cough that comes by Diſtillation from the Head. The Juice or diſtilled Water being warmed, and hot Inflammations, Puſtules or red Wheals, and other breakings out in the Skin, being bathed therewith, doth help them, and doth no leſs eaſe the ſwelling Heat and Inflammation of the Fundament, or Privy-parts in Man or Woman.

Houſleek.

Houfleck, *or* Sengreen.

BOTH thefe are fo well known unto my Country men, that I fhall not need to write any Defcription of them. *Place.*] It groweth commonly upon Walls and Houfe-fides, and flowereth in *July*.

Government and Virtues.] It is an Herb of *Jupiter*, and it is reported by *Mezaldus*, to preferve what it grows upon from Fire and Lightning. Our ordinary Houfleek is good for all inward Heats, as well as outward, and in the Eyes or other Parts of the Body; a Poffet made with the Juice of Houfleek, is fingular good in all hot Agues, for it cooleth and tempereth the Blood and Spirits, and quencheth the Thirft; and alfo good to ftay all hot Defluxions or fharp and falt Rheums in the Eyes, the Juice being dropped into them, or into the Ears, helpeth them. It helpeth alfo other Fluxes of Humours in the Bowels and the immoderate Courfes of Women. It cooleth and reftraineth all other hot Inflammations, St. *Anthony*'s Fire, Scaldings and Burnings, the Shingles, fretting Ulcers, Cankers, Tetters, Ringworms, and the like; and much eafeth the Pain of the Gout proceeding from an hot Caufe. The Juice alfo taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the Skin and Leaves being laid on them afterwards. It eafeth alfo the Head-ach, and diftempered Heat of the Brain in Frenzies, or through want of Sleep, being applied to the Temples and Forehead. The Leaves bruifed and laid upon the Crown or Seam of the Head, ftayeth Bleeding at the Nofe very quickly. The diftilled Water of the Herb is profitable for all the Purpofes aforefaid. The Leaves being gently rubbed on any Place ftung with Nettles or Bees, doth quickly take away the Pain.

Heat, Thirft, Agues, Eyes, falt Rheums, Ears, Terms ftop, Inflammations, Fluxes, St. Anthony's *Fire, Burning, Scaldings, Tetters, Ring-worms, Corns on the Hands and Feet, Head ach, Frenzy, Watching, Bleeding, Nettles, Bees.*

Hound's Tongue.

Deſcript.] *THE great ordinary Hound's-Tongue hath many long and ſomewhat narrow, ſoft, hairy, darkiſh green Leaves, lying on the Ground, ſomewhat like unto Bugloſs Leaves, from amongſt which riſeth up a rough hairy Stalk about two Foot high, with ſome ſmaller Leaves thereon, and branched at the Tops into divers Parts, with a ſmall Leaf at the Foot of every Branch, which is ſomewhat long, with many Flowers ſet along the ſame, which Branch is crooked or turneth inwards before it flowereth, and openeth by Degrees as the Flowers do blow, which conſiſt of ſmall purpliſh red Leaves of a dead Colour, riſing out of the Husks wherein they ſtand with ſome Threads in the Middle. It hath ſometimes a white Flower. After the Flowers are paſt, there cometh rough flat Seed, with a ſmall Pointle in the Middle, eaſily cleaving to any Garment that it toucheth, and not ſo eaſily pulled off again. The Root is black, thick, and long, hard to break, and full of a clammy Juice, ſmelling ſomewhat ſtrong, of an evil Scent, as the Leaves alſo do.*

Place.] It groweth in moiſt Places of this Land, in waſte Grounds, and untilled Places, by High-way Sides, Lanes, and Hedge Sides.

Time.] It flowereth about *May* or *June*, and the Seed is ripe ſhortly after.

Government and Virtues.] It is a Plant under the Dominion of *Mercury*. The Root is very effectually uſed in Pills, as well as the Decoction, or otherwiſe, to ſtay all ſharp and thin Defluxions of Rheum from the Head into the Eyes or Noſe, or upon the Stomach or Lungs, as alſo for Coughs and Shortneſs of Breath. The Leaves boiled in Wine (ſaith *Dioſcorides*, but others do rather appoint it to be made with Water, and do add thereto Oil and Salt) mollifieth or openeth the Belly downwards. It alſo helpeth to cure the Biting of a mad Dog, ſome of the Leaves being alſo applied to the Wound: The Leaves bruiſed, or the Juice of them boiled in Hog's Lard, and applied, helpeth in falling away of the Hair, which cometh of hot and ſharp Humours; as alſo for any Place

Eyes, Noſe, Stomach, Lungs, Shortneſs of Breath, Mad Dogs, Scalding, Burning, Hæmorrhoids, Ulcers, Wounds, French Pox.

lace that is fcalded or burnt; the Leaves bruifed and laid to ny green Wound doth heal it up quickly, the Root baked un- er the Embers wrapped in Paſte or wet Paper, or in a wet ouble Cloth, and thereof a Suppofitory made, and put up nto, or applied to the Fundament, doth very effectually help ne painful Piles or Hæmorhoids. The diſtilled Water of he Herbs and Roots is very good to all the Purpoſes aforefaid, o be uſed as well inwardly to drink, as outwardly to waſh any ore Places, for it healeth all Manner of Wounds and Punc- ures, and thoſe foul Ulcers that ariſe by the *French Pox*.

Mizaldus adds to this, that the Leaves laid under the Feet, vill keep the Dogs from barking at you; Hounds-Tongue, ecauſe it ties the Tongues of Hounds, whether it be true or ot, I never tried; yet I cured the biting of a mad Dog with his only Medicine.

Holly, Holm, *or* Hulver-Buſh.

FOR to deſcribe a Tree ſo well known is needleſs.

Government and Virtues.] The Tree is really *Saturnine*. The Berries expel Wind, and therefore are held to be profita- ble in the Cholick. The Berries have ſtrong Faculty with them; for if you at a Dozen of them in the Morning faſting when they are ripe and not dried, they purge the Body of groſs and clam- ny Phlegm; but if you dry the Berries, nd beat them into Powder, they bind he Body, and ſtop Fluxes, bloody Fluxes, and the Terms in Women. The Bark of the Tree, and alſo the Leaves are ex- cellent good, being uſed in Fomentations for broken Bones, nd ſuch Members as are out of Joint. *Pliny* ſaith, the Branches of the Tree defend Houſes from Lightning, and Men from Witchcraft.

Expel Wind, Cholick, Phlegm, Fluxes, bloody Fluxes, ſtops the Terms, Bones broken, Members out of Joint, Witchcraft.

St. John's Wort.

Deſcript.] COmmon *St. John's-wort* ſhooteth forth browniſh, upright, hard, round Stalks, two Foot high, ſpreading many Branches from the Sides up to the Tops of them, with two ſmall Leaves ſet one againſt another at every Place, which are of a deep green Colour, ſomewhat like the Leaves of the leſſer Centaury, but narrow, and full of ſmall Holes

Holes in every Leaf, which cannot be ſo well perceived, as when they are held up to the Light; at the Tops of the Stalks and Branches ſtand yellow Flowers of five Leaves apiece with many yellow Threads in the Middle, which being bruiſed do yield a reddiſh Juice like Blood; after which come ſmall round Heads, wherein is contained ſmall blackiſh Seed ſmelling like Roſin. The Root is hard and woody, with divers Strings and Fibres at it, of a browniſh Colour, which abideth in the Ground many Years, ſhooting anew every Spring.

Place.] This groweth in Woods and Copſes, as well thoſe that are ſhady, as open to the Sun.

Time.] They flower about Midſummer, and in *July*, and their Seed is ripe in the latter End of *July* or *Auguſt*.

Government and Virtues] It is under the Celeſtial Sign *Leo*, and under the Dominion of the Sun. It may be, if you meet with a Papiſt that is an Aſtrologer, he will tell you St. *John* made it over to him by a Letter of Attorney, eſpecially if withal he be a Lawyer alſo. St. *John*'s Wort is a ſingular Wound Herb, as any other whatſoever, either for inward Wounds, Hurts or Bruiſes, to be boiled in Wine, and drunk; or prepared in Oil or Ointment, Bath or Lotion outwardly. It hath Power to open Obſtructions, to diſſolve Swellings, to cloſe up the Lips of Wounds, and to ſtrengthen the Parts that are weak and feeble. The Decoction of the Herb and Flowers, but of the Seed eſpecially, in Wine being drunk, or the Seed made into a Powder, and drunk with the Juice of Knot-graſs, helpeth all Manner of ſpitting and vomiting of Blood, be it by any Vein broken inwardly, by Bruiſes, Falls, or however. The ſame helpeth thoſe that are bitten or ſtung by any venomous Creature, and is good for thoſe that are troubled with the Stone in the Kidneys, or that cannot make Water; and being applied, provoketh Womens Courſes. Two Drams of the Seed of St. *John's* Wort made into Powder, and drunk in a little Broth doth gently expel Choler, or congealed Blood in the Stomach. The Decoction of the Leaves and Seeds being drunk ſomewhat warm before the Fits of Agues, whether they be Tertians, or Quartans, doth alter the Fits, and by often uſing, doth take them quite away. The Seed is much

Wounds, Bruiſes, Obſtructions, Swellings, ſpitting and vomiting Blood, Dyſury, Choler, venomous Beaſts, Agues, Sciatica, falling ſickneſs, Palſy.

much commended, being drunk for forty Days together, to help the Sciatica, the Falling-ſickneſs, and the Palſy.

Ivy.

IT is well known, to every Child almoſt, to grow in Woods upon the Trees, and upon the Stone Walls of Churches, Houſes, *&c.* and ſometimes to grow alone of itſelf, though but ſeldom.

Time.] It flowereth not until *July*, and the Berries are not ripe till *Chriſtmas*, when they have felt Winter-froſts.

Government and Virtues.] It is under the Dominion of *Saturn.* A Pugil of the Flowers, which may be about a Drachm, (ſaith *Dioſcorides*) drunk twice a Day in Red Wine, helpeth the Laſk, and Bloody flux. It is an Enemy to the Nerves and Sinews, being much taken inwardly, but very helpful unto them, being outwardly applied. *Pliny* ſaith, the yellow Berries are good againſt the Jaundice; and taken before one be ſet to drink hard, preſerveth from Drunkenneſs, and helpeth thoſe that ſpit Blood. And that the white Berries being taken inwardly, or applied outwardly, killeth the Worms in the Belly. The Berries are a ſingular Remedy to prevent the Plague, as alſo to free them from it that have got it, by drinking the Berries thereof made into a Powder, for two or three Days together. They being taken in Wine, do certainly help to break the Stone, provoke Urine, and Womens Courſes. The freſh Leaves of Ivy, boiled in Vinegar, and applied warm to the Sides of thoſe that are troubled with the Spleen, Ach, or Stitch in the Sides, do give much Eaſe: The ſame applied with ſome Roſe-water, and Oil of Roſes, to the Temples and Forehead, eaſe the Head-ach, tho' it be of long Continuance. The freſh Leaves boiled in Wine, and old filthy Ulcers hard to be cured, waſhed therewith, do wonderfully help to cleanſe and heal them. It alſo quickly healeth green Wounds, as alſo it is effectual to heal all Burnings and Scalding, and all Kinds of Exulcerations coming thereby, or by ſalt Phlegm or Humours, in other Parts of the Body. The Juice of the Berries or Leaves ſnuffed up into

Flux, Bloody-flux, Jaundice, Spitting Blood, Worm, Drunkenneſs, Peſtilence, Swoon, Dyſury, Terms provokes, Spleen, Stitch, Head-ach, Ulcers, Wounds, Burnings, Scalding, Salt Phlegm, Rheum, ſore Eyes.

the Nofe, purgeth the Head and Brain of thin Rheum that maketh Defluxions into the Eyes and Nofe, and curing the Ulcers and Stench therein; the fame dropped into the Ears, helpeth the old and running Sores of them; thofe that are troubled with the Spleen, fhall find much Eafe by continual drinking out of a Cup made of Ivy, fo as the Drink may ftand fome fmall Time therein before it be drunk. *Cato* faith, That Wine put into fuch a Cup, will foak through it, by Reafon of the Antipathy that is between them.

There feems to be a very great Antipathy between Wine and Ivy; for if one have got a Surfeit by drinking of Wine, his fpeedieft Cure is to drink a Draught of the fame Wine wherein a Handful of Ivy Leaves, being firft bruifed, have been boiled.

Juniper-Bufh.

FOR to give a Defcription of a Bufh fo commonly known, is needlefs.

Place.] They grow plentifully in divers Woods in *Kent*, *Warney Common* near *Brentwood* in *Effex*, upon *Finchley Common* without *Highgate*; hard by the *New-found Wells* near *Dulwich*, upon a Common between *Mitcham* and *Croydon*, in the Highway near *Amerfham* in *Buckinghamfhire*, and many other Places.

Time.] The Berries are not ripe the firft Year, but continue green two Summers and one Winter before they are ripe; at which Time they are of a black Colour, and therefore you fhall always find upon the Bufh green Berries; the Berries are ripe about the Fall of the Leaf.

Counter-Poifon, Peftilence, venomous Beafts, Urine provoketh, Dyfury, Strangury, Dropfy, Terms provoketh, Mother-Fits, Stomach Wind expels, Cholick, Cough, Shortnefs of Breath, Confumption, Pains in Belly, Ruptures, Cramp, Convulfions, fpeedy Delivery

Government and Virtues.] This admirable *Solar* Shrub is fcarce to be parallell'd for its Virtues. The Berries are hot in the third Degree, and dry but in the firft, being a moft admirable Counter-poifon, and as great a Refifter of the Peftilence, as any grows; they are excellent good againft the Bitings of Venomous Beafts, they provoke Urine exceedingly, and therefore are very available to Dyfuries and Stranguries. It is fo powerful a Remedy againft the Dropfy, that the

the very Lee made of the Afhes of the Herb being drunk, cures the Diſeaſe. It provokes the Terms, helps the Fits of the Mother, ſtrengthens the Stomach exceedingly, and expels the Wind. Indeed there is ſcarce a better Remedy for Wind in any Part of the Body, or the Cholick, than the Chymical Oil drawn from the Berries; ſuch Country People as know not how to draw the Chymical Oil, may content themſelves by eating ten or a Dozen of the ripe Berries every Morning faſting; they are admirable good for a Cough, Shortneſs of Breath, and Conſumption, Pains in the Belly, Ruptures, Cramps, and Convulſions. They give ſafe and ſpeedy Delivery to Women with Child, they ſtrengthen the Brain exceedingly, help the Memory, and fortify the Sight by ſtrengthening the Optick Nerves. They are excellent good in all Sorts of Agues, they help the Gout and Sciatica, and ſtrengthen all the Limbs of the Body. The Afhes of the Wood is a ſpecial Remedy to ſuch as have the Scurvy, to rub their Gums with. The Berries ſtay all Fluxes, help the Hæmorrhoids or Piles, and kill Worms in Children. A Lee made of the Afhes of the Wood, and the Body bathed with it, cures the Itch, Scabs and Leproſy. The Berries break the Stone, procure Appetite when it is loſt, and are excellent good for Palſies, and Falling-ſickneſs.

to Women, Brain, Memory, Sight, Agues, Gout, Sciatica, Limbs ſtrengthened, Scurvy, Fluxes ſtopped, Piles, Worms, Itch, Scab, Leproſy, Stone, Appetite provoketh, Palſy, Falling-Sickneſs.

Kidney-wort, *or* Wall-Penny-Royal, *or* Wall-Penny-Wort.

Deſcript.] *IT hath many thick, flat, and round Leaves growing from the Root, every one having a long Foot ſtalk, faſtned underneath, about the Middle of it, and a little unevenly weaved ſometimes about the Edges, of a pale green Colour, and ſomewhat yellow on the upper Side like a Sawcer; from among which riſe one or more tender, ſmooth, hollow Stalks half a Foot high, with two or three ſmall Leaves thereon, uſually not round as thoſe below, but ſomewhat long, and divided at the Edges; the Tops are ſomewhat divided into long Branches, bearing a number of Flowers, ſet round about a long Spike one above another, which are hollow and like a little Bell, of a whitiſh*

green Colour, after which come fmall Heads, containing very fmall browniſh Seed, which falling on the Ground, will plentifully ſpring up before Winter, if it have Moiſture. The Root is round and moſt uſually ſmooth, greyiſh without, and white within, having ſmall Fibres at the Head of the Root, and Bottom of the Stalk.

Place.] It groweth very plentifully in many Places of this Land, but eſpecially in all the Weſt Parts thereof, upon Stone and Mud Walls, upon Rocks alſo, and in ſtony Places upon the Ground, at the Bottom of old Trees, and ſometimes on the Bodies of them that are decayed and rotten.

Time.] It uſually flowereth in the Beginning of *May*, and the Seed ripening quickly after, ſheddeth itſelf; ſo that about the End of *May*, uſually the Leaves and Stalks are withered, dry, and gone until *September*, that the Leaves ſpring up again, and ſo abide all Winter.

Government and Virtues.] *Venus* challengeth the Herb under *Libra*. The Juice or the diſtilled Water being drunk, is very effectual for all Inflammations and unnatural Heats, to cool a fainting hot Stomach, or a hot Liver, or the Bowels; the bruiſed Herb, or the Places bathed with the Juice or diſtilled Water thereof, and outwardly applied, healeth Pimples, Redneſs, St. *Anthony*'s Fire, and other outward Heats and Inflammations. The ſaid Juice or Water helpeth much, alſo to heal ſore Kidneys torn or fretted by the Stone, or exulcerated within, and eaſeth the Pains: It alſo provoketh Urine, and is available for the Dropſy, and helpeth to break the Stone, cooling the inflamed Parts, and other Pains of the Bowels, and the Bloody-Flux. It is ſingular good to cool the painful Piles, or Hæmorrhoidal Veins, the Juice being uſed as a Bath unto them, or made into an Ointment. It is no leſs effectual to give Eaſe of Pains to the hot Gout, the Sciatica, and the Inflammations and Swellings in the Cods; it helpeth the Kernels or Knots in the Neck or Throat, called the King's Evil, healing Kibes and Chilblains if they be bathed with the Juice or anointed with an Ointment made thereof, and ſome of the Sk

Inflammations, Pimples, Redneſs, St. Anthony's Fire, Kidneys hurt by the Stone, Dyſury, Stone, Bloody-flux, Piles, Hæmorrhoids, Gout, Sciatica, Cods, King's Evil, Kibes, Chilblains.

Skin of the Leaf upon them; it is alſo uſed in green Wounds to ſtay the Blood, and to heal them quickly.

Knapweed.

Deſcript.] THE common Sort hereof hath many long and ſomewhat broad dark green Leaves, riſing from the Root, dented about the Edges, and ſometimes a little rent or torn on both Sides in two or three Places, and ſomewhat hairy withal; amongſt which ariſeth a long round Stalk, four or five Foot high, divided into many Branches; at the Tops whereof ſtand great ſcaly green Heads, and from the Middle of them thurſt forth a Number of dark purpliſh red Thrumbs or Threads, which after they are withered and paſt, there are found divers black Seeds, lying in a great deal of Down, ſomewhat like unto a Thiſtle Seed, but ſmaller; the Root is white, hard and woody, and divers Fibres annexed thereunto, which periſheth not, but abideth with Leaves thereon all the Winter, ſhooting out freſh every Spring.

Place.] It groweth in moſt Fields and Meadows, and about their Borders and Hedges, and in many waſte Grounds alſo every where.

Time.] It uſually flowereth in *June* and *July*, and the Seed is ripe ſhortly after.

Government and Virtues.] *Saturn* challengeth the Herb for his own. This Knapweed helpeth to ſtay Fluxes, both of Blood at the Mouth or Noſe, or other outward Parts, and thoſe Veins that are inwardly broken, or inward Wounds, as alſo the Fluxes of the Belly; it ſtayeth Diſtillations of thin and ſharp Humours from the Head upon the Stomach and Lungs, it is good for thoſe that are bruis'd by any Fall, Blows, or otherwiſe. It is very profitable for thoſe that are burſten, and have Ruptures, by drinking the Decoction of the Herb and Roots in Wine, and applying the ſame outwardly to the Place. It is ſingularly good in all running Sores, Cancerous and Fiſtulous, drying up of the Moiſture, and healing them up gently, without Sharpneſs; it doth the like to running Sores or Scabs of the Head or other Parts. It is of ſpecial Uſe for the Soreneſs of the Throat, ſwelling of the Uvula and Jaws,

Fluxes, Bleeding, Veins broken, Ptyſick, Fall, Blows, Ruptures, Sores, Cankers, Fiſtulas, Scabby Head; ſore Throat, Uvula, Jaws.

Jaws; and excellent good to ftay Bleeding, and heal up all green Wounds.

Knot-grafs.

IT is generally known fo well that it needeth no Defcription.

Place.] It groweth in every Country of this Land, by the High-way Sides, and by Foot Paths in Fields; as alfo by the Sides of the old Walls.

Time.] It fpringeth up late in the Spring, and abideth until the Winter, when all the Branches periih.

Government and Virtues.] *Saturn* feems to me to own the Herb, and yet fome hold the *Sun*; out of doubt 'tis *Saturn*. The Juice of the common kind of Knot Grafs is moft effectual to ftay Bleeding at the Mouth, being drunk in fteeled or red Wine; and the Bleeding at the Nofe, to be applied to the Forehead and Temples, or to be fquirted up into the Noftrils. And no lefs effectual to cool and temper the Heat of the Blood and Stomach, and to ftay any Flux of the Blood and Humours, as Laiks, Bloody-Flux, Womens Courfes, and Running of the Reins. It is fingular good to provoke Urine, help the Strangury, and allayeth the Heat that cometh thereby; and is powerful by Urine to expel the Gravel or Stone in the Kidneys and Bladder, a Drachm of the Powder of the Herb being taken in Wine for many Days together: Being boiled in Wine and drunk, it is profitable to thofe that are ftung or bitten by venomous Creatures, and very effectual to ftay all Defluxions of Rheumatick Humours upon the Stomach, and killeth Worms in the Belly or Stomach, quitteth inward Pains that arife from the Heat, Sharpnefs and Corruption of Blood and Choler. The diftilled Water hereof taken by itfelf or with the Powder of the Herb or Seed, is very effectual to all the Purpofes aforefaid, and is accounted as one of the moft Sovereign Remedies to cool all Manner of Inflammations, breaking out through Heat, hot Swellings and Impofthumations, Gangrene and fiftulous Cankers, or foul filthy Ulcers, being applied or put into them; but efpecially for all Sorts of

Bleeding, Heat, Flux, Bloody Flux, Courfes ftopp'd, Dyfury, Gravel, venomous Beafts, Rheums, Worms, Choler, Heat, Inflammations, Impofthumes, Gangrenes, Fiftula's, Cankers, Ulcers, Ears, Wounds.

of Ulcers and Sores happening in the Privy Parts of Men and Women. It helpeth all fresh and green Wounds, and speedily healeth them. The Juice dropped into the Ears, cleanseth them being foul, and having running Matter in them.

It is very prevalent for the Premises; as also for broken Joints and Ruptures.

Ladies-Mantle.

Descript.] IT hath many Leaves rising from the Root standing upon long hairy Foot-stalks, being almost round, and a little cut on the Edges, into eight or ten Parts more or less, making it seem like a Star, with so many Corners, and Points, and dented round about, of a light green Colour, somewhat hard in handling, and as if it were folded or plaited at first, and then crumpled in divers Places, and a little hairy, as the Stalk is also which riseth up among them to the Heigth of two or three Foot, with such like Leaves thereon, but smaller; and being weak is not able to stand upright, but bendeth to the Ground, divided at the Top into two or three small Branches, with small yellowish green Heads and Flowers of a whitish Colour breaking out of them; which being past, there cometh a small yellowish Seed like a Poppy Seed: The Root is somewhat long and black, with many Strings and Fibres thereat.

Place.] It groweth naturally in many Pastures and Woods Sides in *Hertfordshire*, *Wiltshire*, and *Kent*, and other Places of this Land.

Time.] It flowereth in *May* and *June*, abideth after Seed-time green all the Winter.

Government and Virtues.] *Venus* claims the Herb as her own. Ladies-Mantle is very proper for those Wounds that have Inflammations, and is very effectual to stay Bleeding, Vomitings, Fluxes of all Sorts in Man or Woman, and Bruises by Falls or otherwise, and helpeth Ruptures, and such Women or Maids as have over great flagging Breasts; causing them to grow less and hard, being both drunk and outwardly applied; the distilled Water drunk for twenty Days together helpeth Conception, and to retain the Birth; if the Woman do sometimes also sit in a Bath made of a Decoction of the Herb.

Inflammations, Vomitting. Bleeding, Fluxes, Bruises, Ruptures, flagging Breasts, Barrenness, Women with Child.

It is one of the moft fingular Wound Herbs that is, and therefore highly prized and praifed by the *Germans*, who ufe in all Wounds inward and outward, to drink a Decoction thereof, and wafh the Wounds therewith, or dip Tents therein, and put them into the Wounds, which wonderfully drieth up all Humidity of the Sores, and abateth Inflammations therein. It quickly healeth all green Wounds, not fuffering any Corruption to remain behind, and cureth all old Sores, though fiftulous and hollow.

Lavender.

BEing an Inhabitant almoft in every Garden, it is fo well known, that it needeth no Defcription.

Time.] It flowereth about the End of *June*, and Beginning of *July*.

Government and Virtues.] *Mercury* owns the Herb, and it carries his Effects very potently. Lavender is of fpecial good Ufe for all the Griefs and Pains of the Head and Brain that proceed of a cold Caufe, as the Apoplexy, Falling-ficknefs, the Dropfy, or fluggifh Malady, Cramps, Convulfions, Palfies, and often Faintings. It ftrengthens the Stomach, and freeth the Liver and Spleen from Obftructions, provoketh Womens Courfes, and expelleth the dead Child and After-Birth. The Flowers of Lavender fteeped in Wine, helpeth them to make Water that are ftopped, or are troubled with the Wind or Cholick, if the Place be bathed therewith. A Decoction made with the Flowers of Lavender, Hore-hound, Fennel and Afparagus Root, and a little Cinnamon, is very profitably ufed to help the Falling-ficknefs, and the Giddinefs or turning of the Brain; to gargle the Mouth with the Decoction thereof, is good againft the Tooth-ach. Two Spoonfuls of the diftilled Water of the Flowers taken, helpeth them that have loft their Voice, as alfo the Tremblings and Paffions of the Heart, and Faintings and Swoonings, not only being drunk, but applied to the Temples, or Noftrils to be fmelt unto; but it is not fafe to ufe it where the Body is replete with Blood and Humours, becaufe of

Head, Brains, Apoplexy, Falling-ficknefs, Lethargy, Convulfions Cramps, Palfy, both dead and fhaking, Stomach, Spleen, Liver, provokes Terms, Cholerick, Vertigo, lofs of Voice, Trembling, Fainting.

of the hot and fubtle Spirits wherewith it is poffeffed. The Chymical Oil drawn from Lavender, ufually called *Oil of Spike*, is of fo fierce and piercing Spirits, that it is cautioufly to be ufed, fome few Drops being fufficient, to be given with other Things, either for inward or outward Griefs.

Lavender-Cotton.

IT being a common Garden Herb, I fhall forbear the Defcription, only take Notice, that it flowereth in *June* and *July*.

Government and Virtues.] It is under the Dominion of *Mercury*. It refifteth Poifon, Putrefaction, and heals the Bitings of venomous Beafts: A Drachm of the Powder of the dried Leaves taken every Morning faffing in any convenient Vehicle, ftops the Running of the Reins in Men, and Whites in Women. The Seed being beaten into Powder, and taken as Worm-feed it kills the Worms, not only in Children, but alfo in People of riper Years: the like doth the Herb itfelf, being fteeped in Milk, and the Milk drunk; the Body bathed with the Decoction of it, helps Scabs and Itch.

Poifon, Putrefaction, Venomous Beafts, Running of the Reins, Whites in Women, Worms, Scabs, Itch.

Ladies-Smock, *or* Cuckow-Flowers.

Defcript.] THE Root is compofed of many fmall white Threads, from whence fpring up divers long Stalks of winged Leaves, confifting of round, tender, dark, green Leaves, fet one againft another upon a middle Rib, the greateft being at the End, amongft which arife up divers tender, weak, round, green Stalks, fomewhat ftreaked with longer and fmaller Leaves, upon them; on the Tops of which ftand Flowers, almoft like the Stock Gilliflowers, but rounder, and not fo long, of a blufhing, white Colour; the Seed is reddifh, and groweth to fmall Bunches, being of a fharp biteing Tafte, and fo hath the Herb.

Place.] They grow in moift Places, and near to Brook-fides.

Time.] They flower in *April* or *May*, and the lower Leaves continue green all the Winter.

Govern ment and Virtues.] They are under the Dominion of the *Moon*, and very little inferior to Water-Creffes in all

Scurvy, provoketh Urine, Stone, Stomach, loft Appetite, Indigeftion.

their Operations; they are excellent good for the Scurvy; they provoke Urine, and break the Stone, and excellently warm a cold and weak Stomach, reftoring loft Appetite, and help Digeftion.

Lettuce.

IT is fo well known, being generally ufed as a Sallet-Herb, that it is altogether needlefs to write any Defcription thereof.

Government and Virtues.] The *Moon* owns them, and that's the Reafon they cool and moiften what Heat and Dryneſs *Mars* cauſeth, becauſe *Mars* hath his Fall in *Cancer*, and they cool the Heat becauſe the *Sun* rules it, between whom and the *Moon* is a Reception in the Generation of Man, as you may ſee in my *Guide for Women*. The Juice of *Lettuce* mixed or boiled with Oil of Roſes, applied to the Forehead and Temples procureth Sleep and eaſeth the Head-ach proceeding of an hot Cauſe: Being eaten boiled, it helpeth to looſen the Belly. It helpeth Digeftion, quencheth Thirft, increaſeth Milk in Nurſes, eaſeth griping Pains in the Stomach or Bowels, that come of Choler. It abateth bodily Luſt, repreſſeth Venereous Dreams, being outwardly applied to the Cods with a little Camphire. Applied in the ſame Manner to the Region of the Heart, Liver or Reins, or by bathing the ſaid Place with the Juice of diſtilled Water, wherein ſome white Sanders, or red Roſes are put; alſo it not only repreſſeth the Heat and Inflammations therein, but comforts and ſtrengthens thoſe Parts, and alſo temporeth the Heat of Urine. *Galen* adviſeth old Men to uſe it with Spice; and where Spices are wanting, to add Mints, Rochet, and ſuch like hot Herbs, or elſe Citron, Lemon, or Orange-Seeds, to abate the Cold of one and Heat of the other. The Seed and diſtilled Water of the Lettuce work the ſame Effects in all Things; but the Uſe of Lettuce is chiefly forbidden to thoſe that are ſhort-winded, or have any Imperfection in their Lungs, or ſpit Blood.

Watching, Head-ach, Indigeftion, Thirft, Milk increaſeth, Choler, Bowels, Luft, Venereous Dreams, Inflammations, Heat of Urine.

Water

Water-Lily.

OF theſe there are two principally noted Kinds, *viz.* The White, and the Yellow.

Deſcript.] *The White Lily hath very large and thick dark green Leaves lying on the Water, ſuſtained by long and thick Foot-ſtalks, that riſe from a great, thick, round, and long tuberous black Root, ſpongy or looſe, with many Knobs thereon like Eyes, and whitiſh within; from amidſt which riſe other the like thick and great Stalks, ſuſtaining one large great Flower thereon, green on the Outſide, but as white as Snow within, conſiſting of divers Rows of long and ſomewhat thick and narrow Leaves, ſmaller and thinner the more inward they be, encompaſſing a Head with many yellow Threads or Thrums in the Middle; where, after they are paſt, ſtand round Poppy-like Heads, full of broad oily and bitter Seed.*

The Yellow Kind is a little different from the former, ſave only that it hath fewer Leaves on the Flowers, greater and more ſhining Seed, and a whitiſh Root, both within and without. The Root of both is ſomewhat ſweet in Taſte.

Place.] They are found growing in great Pools, and ſtanding Waters, and ſometimes in flow running Rivers, and leſſer Ditches of Water, in ſundry Places of this Land.

Time.] They flower moſt commonly about the End of *May*, and their Seed is ripe in *Auguſt*.

Government and Virtues.] The Herb is under the Dominion of the *Moon*, and therefore cools and moiſtens like the former. The Leaves and Flowers of the Water-Lilies are cold and moiſt, but the Roots and Seeds are cold and dry; the Leaves do cool all Inflammations, both outward and inward Heat of Agues; and ſo do the Flowers alſo, either by the Syrup or Conſerve; the Syrup helpeth much to procure Reſt, and to ſettle the Brain of frantick Perſons, by cooling the hot Diſtemperature of the Head. The Seed as well as the Root is effectual to ſtay Fluxes of Blood or Humours, either of Wounds or of the Belly; but the Roots are moſt uſed, ſome cauſing the one, and ſome the other, to be more effectual to cool, bind, and reſtrain all Fluxes in Man or Woman, alſo running of the Reins; and Paſſing

Inflammations, Agues.

Watching, Frenzy, Flux, Belly, Running of the Reins, Venery, Freckles, Spots, Sunburn, Morphew.

Paſſing away of the Seed when one is aſleep; but the frequent Uſe hereof extinguiſheth Venereous Actions. The Root is likewiſe very good for thoſe whoſe Urine is hot and ſharp, to be boiled in Wine or Water, and the Decoction drank. The diſtilled Water of the Flowers is very effectual for all the Diſeaſes aforeſaid, both inwardly taken, and outwardly applied; and is much commended to take away Freckles, Spots, Sunburn, and Morphew from the Face, or other Parts of the Body. The Oil made of the Flowers, as Oil of Roſes is made, is profitably uſed to cool hot Tumours, and to eaſe the Pains, and helps the Sores.

Lily *of the* Valley.

CAlled alſo *Conval-Lily*, *Male-Lily*, and *Lily Conſancy*.

Deſcript.] *The Root is ſmall, and creepeth far in the Ground, as Graſs Roots do. The Leaves are many, againſt which ariſeth up a Stalk half a Foot high, with many white Flowers, like little Bells with turned Edges, of a ſtrong, tho' pleaſing Smell; the Berries are red, not much unlike thoſe of* Aſparagus.

Place.] They grow plentifully upon *Hampſtead Heath*, and many other Places in this Nation.

Time.] They flower in *May*, and the Seed is ripe in *September*.

Temperature and Virtues.] It is under the Dominion of *Mercury*, and therefore there is no Queſtion to be made but it ſtrengthens the Brain, recruits a weak Memory, and makes it ſtrong again: The diſtilled Water dropped into the Eyes, helps inflammations there; as alſo that Infirmity which they call a Pin and Web. The Spirit of the Flowers diſtilled in Wine, reſtoreth loſt Speech, helps the Palſy, and is exceeding good in the Apoplexy, comforteth the Heart and Vital Spirits. *Gerrard* ſaith, that the Flowers being cloſe ſtopped up in a Glaſs, put into an Ant-Hill, and taken away again a Month after, you ſhall find a Liquor in the Glaſs; which, being outwardly applied, helps the Gout.

Brain, Memory, Inflammations in the Eyes, Pin and Web, loſt Speech, Palſy, Apoplexy, Head, Vital Spirits, Gout.

White

White Lilies.

IT were in vain to defcribe a Plant fo commonly known in every one's Garden; therefore I fhall not tell you what they are, but what they are good for.

Government and Virtues.] They are under the Dominion of the *Moon*, and by Antipathy to *Mars* expel Poifon; they are excellent good in peftilential Fevers, the Roots being bruifed and boiled in Wine, and the Decoction drunk; for it expels the Venom to the exterior Parts of the Body: The Juice of it being temper'd with Barly-meal, baked, and fo eaten for ordinary Bread, is an excellent Cure for the Dropfy: An Ointment being made of the Root, and Hog's-Greafe, is excellent good for Scald-Heads, and unites Sinews when they are cut; befides the Virtue that it hath to cleanfe Ulcers, it being of a fine fuppurating Quality: The Root boiled in any convenient Decoction, gives fpeedy Delivery to Women in Travail, and expels the After-Birth. The Root roafted, and mixed with a little Hog's-Greafe, makes a gallant Poultice to ripen and break Plague-Sores. The Ointment is excellent good for Swellings in the Privities, and will cure Burnings and Scaldings without Scar, and trimly deck a black Place with Hair.

Poifon, Peftilential Fevers, Venom, Dropfy, Scald Head, unites Sinews, Ulcers, After-Birth, Plague-fores, Swellings in the Privities. Burnings, Scaldings, Hair reftoreth.

Liquorice.

Defcript.] OUR *Engliſh* Liquorice rifeth up with divers woody Stalks, whereon are fet at feveral Diftances many narrow, long, green Leaves, fet together on both fides of the Stalk, and an odd one at the End, very well refembling a young Afh-tree fprung up from the Seed. This by many Years Continuance in a Place without removing, and not elfe, will bring forth Flowers, many ftanding together Spike Fafhion, one above another upon the Stalk, of the Form of Peafe-Bloffoms, but of a very pale blue Colour, which turn into long, fomewhat flat and fmooth Cods, wherein is contained a fmall, round, hard Seed: The Roots run down exceeding deep into the Ground, with divers other fmall Roots

and

and Fibres growing with them, and ſhoot out Suckers from the main Roots all about, whereby it is much increaſed, of a browniſh Colour on the Outſide and yellow within.

Place.] It is planted in Fields and Gardens, in divers Places of this Land, and thereof good Profit is made.

Government and Virtues.] It is under the Dominion of *Mercury*. Liquorice boiled in fair Water, with ſome Maiden-Hair and Figs, maketh a good Drink for thoſe that have a dry Cough or Hoarſeneſs, Wheezing or Shortneſs of Breath, and for all the Griefs of the Breaſts and Lungs, Phthiſick or Conſumptions cauſed by the Diſtillation of Salt Humours on them. It is alſo good in all Pains of the Reins, the Strangury, and Heat of Urine: The fine Powder of Liquorice blown thro' a Quill into the Eyes that have a Pin and Web (as they call it) or Rheumatick Diſtillations in them, doth cleanſe and help them: The Juice of Liquorice is as effectual in all the Diſeaſes of the Breaſt and Lungs, the Reins and the Bladder, as the Decoction. The Juice diſſolved in Roſe-Water, with ſome Gum-Tragacanth, is a fine licking Medicine for Hoarſeneſs, Wheezing, *&c.*

Cough, Hoarſeneſs, Phthiſick, Conſumption, Reins, Strangury, Heat of Urine, Eyes, Bladder.

Liverwort.

Deſcript.] COmmon Liverwort groweth cloſe, and ſpreadeth much upon the Ground in moiſt and ſhady Places with many ſmall green Leaves, or rather (as it were) ſticking flat one to another, very unevenly cut in on the Edges, and crumpled; from among which ariſe ſmall ſlender Stalks an Inch or two high, at moſt, bearing ſmall Star-like Flowers at the Top; the Roots are very fine and ſmall.

Government and Virtues.] It is under the Dominion of *Jupiter*, and under the Sign *Cancer*. It is a ſingular good Herb for all the Diſeaſes of the Liver, both to cool and cleanſe it, and helpeth the Inflammations in any Part, and the Yellow Jaundice likewiſe: Being bruiſed and boiled in ſmall Beer, and drunk, it cooleth the Heat of the Liver and Kidneys, and helpeth the Running of the Reins in Men, and the Whites in Women: it is a ſingular Remedy to ſtay the ſpreading of Tetters, Ring-worms, and other

Liver, Inflammations, Yellow Jaundice, Spleen, Running of the Reins, Whites, Tetters, Ring-worms, Surfeits.

other fretting and running Sores, and Scabs, and is an excellent Remedy for ſuch whoſe Livers are corrupted by Surfeits, which cauſe their Bodies to break out, for it fortifieth the Liver exceedingly, and makes it impregnable.

Looſe ſtrife, *or* Willow-herb.

Deſcript.] COmmon yellow Looſe-ſtrife, groweth to be four or five Foot high or more, with great round Stalks a little creſted, diverſly branched from the middle of them to the Tops, into great and long Branches, on all which at the Joints there grows long and narrow Leaves, but broader below, and uſually two at a Joint, yet ſometimes three or four, ſomewhat like Willow Leaves, ſmooth on the Edges, and of a fair green Colour from the upper Joints of the Branches, and at the Tops of them alſo ſtand many yellow Flowers of five Leaves a-piece, with divers yellow Threads in the middle, which turn into ſmall round Heads, containing ſmall cornered Seeds; the Root creepeth under Ground, almoſt like Couch-graſs, but greater, and ſhooteth up every Spring browniſh Heads, which afterwards grow up into Stalks. It hath no ſcent nor taſte, but only aſtringent.

Place.] It groweth in many Places of this Land in moiſt Meadows, and by Water-ſides.

Time.] It flowereth from *June* to *Auguſt*.

Government and Virtues.] This Herb is good for all Manner of Bleeding, at Mouth or Noſe, or Wounds, and all Fluxes of the Belly, and the Bloody-Flux, given either to drink or taken by Clyſter; it ſtayeth alſo the Abundance of Womens Courſes: It is a ſingular good Wound-herb for green Wounds, to ſtay the Bleeding and quickly cloſe together the Lips of the Wound, if the Herb be bruiſed, and the Juice only applied. It is often uſed in Gargles for ſore Mouths, as alſo for the Secret Parts. The Smoak hereof being burned, driveth away Flies and Gnats, which uſe in the Night-time to moleſt People inhabiting near Marſhes, and in the Fenny Countries.

Bleeding, Flux, Privities, Bloody-Flux, Terms-ſtops, Wounds, Sore Mouth, Gnats.

Looſe-ſtrife, *with ſpiked Heads of Flowers.*

Deſcript.] THIS groweth with many woody ſquare Stalks, full of Joints, about three Foot high at leaſt;

at

at every one whereof ſtand two long Leaves, ſhorter, narrower, and a larger green Colour than the former, and ſome browniſh. The Stalks are branched into many long Stems of ſpiked Flowers half a Foot long, growing in Bundles one above another, out of ſmall Huſks, very like the ſpiked Heads of Lavender, each of which Flowers have five round pointed Leaves of a purple violet Colour, or ſomewhat inclining to Redneſs; in which Huſks ſtand ſmall round Heads after the Flowers are fallen, wherein is contained ſmall Seed. The Root creepeth under ground like unto the yellow, but is greater than it; and ſo are the Heads of the Leaves when they firſt appear out of the Ground, and more brown than the other.

Place.] It groweth uſually by Rivers, and Ditch-ſides in wet Ground, as about the Ditches at and near *Lambeth*; and in many other Places of this Land.

Time.] It flowereth in the Months of *June* and *July*.

Government and Virtues.] The Herb is an Herb of the *Moon*, and under the Sign *Cancer*; neither do I know a better preſerver of the Sight when 'tis well; nor a better Cure of Sore Eyes than Eye-bright, taken inwardly, and this uſed outwardly; 'tis cold in Quality. This Herb is no whit inferior unto the former, it having not only all the Virtues which the former hath, but ſome peculiar Virtues of its own, found out by Experience; as namely, The diſtilled Water is a preſent Remedy for Hurts and Blows on the Eyes, and for Blindneſs, ſo as the Chryſtalline Homour be not periſhed or hurt; and this hath been ſufficiently proved true by the Experience of a Man of Judgment, who kept it long to himſelf as a great Secret. It cleareth the Eyes of Duſt, or any Thing gotten into them, and preſerveth the Sight. It is alſo very much available againſt Wounds and Thurſts, being made into an Ointment in this manner; *To every Ounce of the Water, add two Drachms of* May-butter *without Salt, and of Sugar and Wax, of each as much alſo, let them boil gently together.* Let Tents dipped in the Liquor that remaineth after it is cold, be put into the Wounds, and the Place covered with a Linnen Cloth doubled and anointed with the Ointment; and this is alſo an approved Medicine. It likewiſe cleanſeth and healeth all foul Ulcers, any Sores whatſoever, and ſtayeth their Inflammations by waſhing them with

Eyes, Blindneſs, Ulcers, Wounds, Inflammations, Quinſy, King's-Evil, Spots, Marks, Scars.

with the Water, and laying on them a green Leaf or two in the Summer, or dry Leaves in the Winter. This Water gargled warm in the Mouth, and fometimes drunk alfo, doth cure the Quinfy, or King's-Evil in the Throat. The faid Water applied warm, taketh away all Spots, Marks, and Scabs in the Skin; and a little of it drunk, quencheth Thirft when it is extraordinary.

Lovage.

Defcript.] *IT hath many long and great Stalks of large winged Leaves, divided into many Parts, like* Smallage, *but much larger and greater, every Leaf being cut about the Edges, broadeft forward, and fmalleft at the Stalk, of a fad green Colour, fmooth and fhining; from among which rife up fundry ftrong, hollow green Stalks, five or fix Foot, yea fometimes feven or eight Foot high, full of Joints, but leffer Leaves fet on them than grow below; and with them towards the tops come forth large Branches, bearing at their tops large Umbels of yellow Flowers; and after them flat brownifh Seed. The Root groweth thick, great and deep, fpreading much, and enduring long, of a brownifh Colour on the outfide, and whitifh within. The whole Plant and every Part of it fmelling ftrong and Aromatically, and is of an hot, fharp, biting Tafte.*

Place.] It is ufually planted in Gardens, where if it be fuffered, it groweth huge and great.

Time.] It flowereth in the End of *July*, and feedeth in *Auguft*.

Government and Virtues.] It is an Herb of the *Sun*, under the Sign *Taurus*. If *Saturn* offend the Throat (as he always doth if he be occafioner of the Malady, and in *Taurus* is the Geneſis) this is your Cure. It openeth, cureth and digeſteth Humours, and mightily provoketh Womens Courſes and Urine. Half a dram at a Time of the dried Root in Powder taken in Wine doth wonderfully warm a cold Stomach, helpeth Digeſtion, and conſumeth all raw and ſuperfluous Moiſture therein; eaſeth all inward Gripings and Pain, diſſolveth Wind and reſiſteth Poiſon and Infection. It is a known and much praiſed Remedy to drink the Decoction of the Herb for any

Humours, Terms provokes, Dyſury, Cold Stomach, Indigeſtion, Wind, Poiſon, Epidemical Diſeaſes, Agues, Belly-ach, Quinſy, Pleuriſy, Spots, Freckles, Boils.

fort

ſort of Ague, and to help the Pains and Torments of the Body and Bowels coming of Cold. The Seed is effectual to all the Purpoſes aforeſaid (except the laſt) and worketh more powerfully. The diſtilled Water of the Herb helpeth the Quinſy in the Throat, if the Mouth and Throat be gargled and waſhed therewith, and helpeth the Pluriſy, being drunk three or four Times. Being dropped into the Eyes, it taketh away the Redneſs or Dimneſs of them; it likewiſe taketh away Spots or Freckles in the Face. The Leaves bruiſed, and fryed with a little Hog's-Lard, and laid hot to any Blotch or Boil will quickly break it.

Lung-wort.

Deſcript.] THIS is a Kind of *Moſs* that groweth on ſundry Sorts of Trees, eſpecially Oaks and Beeches, with broad, greyiſh, tough Leaves diverſly folded, crumpled and gaſhed in on the Edges, and ſome ſpotted alſo with many ſmall Spots on the upper Side. It was never ſeen to bear any Stalk or Flower at any Time.

Government and Virtues.] *Jupiter* ſeems to own this Herb. This is of great Uſe with many Phyſicians to help this Diſeaſe of the Lungs, and for Coughs, Wheezings, and Shortneſs of Breath, which it cureth both in Man and Beaſt. It is very profitably put into Lotions that are taken to ſtay the moiſt Humours that flow to Ulcers, and hinder their healing, as alſo to waſh all other Ulcers in the Privy Parts of a Man or Woman.

Lungs, Wheezing, Coughs, Shortneſs of Breath, Ulcers in the Privities, and elſewhere.

It is an excellent Remedy boiled in Beer for broken-winded Horſes.

Madder.

Deſcript.] *Garden Madder* ſhooteth forth many very long, weak, four-ſquare, reddiſh Stalks, trailing on the Ground a great Way, very rough or hairy, and full of Joints: At every one of theſe Joints come forth divers long and narrow Leaves, ſtanding like a Star about the Stalks, rough alſo and hairy, towards the Tops whereof come forth many ſmall pale yellow Flowers; after which come ſmall round Heads, green at firſt, and reddiſh afterwards, but black when they are ripe, wherein is contained the Seed. The

Root

Root is not very great, but exceeding long, running down half a Man's length into the Ground, red and very clear while it is fresh, spreading divers Ways.

Place.] It is only manured in Gardens, or larger Fields, for the Profit that is made thereof.

Time.] It flowereth towards the End of Summer, and the Seed is ripe quickly after.

Government and Virtues.] It is an Herb of *Mars*. It hath an opening Quality, and afterwards to bind and strengthen. It is an assured Remedy for the Yellow Jaundice, by opening the Obstructions of the Liver and Gall, and cleansing those Parts, it openeth also the Obstructions of the Spleen, and diminisheth the Melancholy Humour: It is available for the Palsy and Sciatica, and effectual for Bruises inward and outward, and is therefore much used in Vulnerary Drinks. The Root for all those aforesaid Purposes, is to be boiled in Wine or Water, as the Cause requireth, and some Honey and Sugar put thereunto afterwards. The Seed hereof taken with Vinegar and Honey, helpeth the Swelling and Hardness of the Spleen, The Decoction of the Leaves and Branches, is a good Fomentation for Women to sit over that have not their Courses. The Leaves and Roots beaten and applied to any Part that is discoloured with Freckles, Morphew, the white Scurf, or any such Deformity of the Skin, cleanseth thoroughly, and taketh them away.

Yellow Jaundice, Obstructions of the Liver and Gall, Spleen, Melancholy, Palsy, Sciatica, Bruises inward and outward, Terms provokes, Freckles, Morphews, Scurf.

Maiden-Hair.

Descript.] *OUR common* Maiden-Hair, *doth from a Number of hard black Fibres, send forth a great many blackish shining brittle Stalks, hardly a Span long, in many not half so long, on each Side set very thick with small, round, dark, green Leaves, and spotted on the Back of them like other Fern.*

Place.] It groweth much upon old Stone Walls in the West Parts, and Walls in *Kent*, and divers other Places of this Land; it joyeth likewise to grow by Springs, Wells, and rocky moist and shady Places; and is always green.

Wall-

Wall-Rue, *or ordinary White* Maiden-Hair.

Defcript.] *THIS hath very fine pale, green Stalks, almoft as fine as Hairs, fet confufedly with divers pale green Leaves on very fhort Foot-ftalks fomewhat near unto the Colour of Garden Rue, and not much differing in Form, but more diverfly cut in on the Edges, and thicker, fmooth on the upper Part, and fpotted finely underneath.*

Place.] It groweth in many Places of this Land, at *Dartford*, and the Bridge at *Aflford* in *Kent*; at *Beaconsfield* in *Buckinghamfhire*; at *Wolly* in *Huntingtonfhire*, on *Framingham Caftle* in *Suffolk*, on the Church Walls at *Mayfield* in *Suffex*, in *Somerfetfhire*, and divers other Places of this Land: and is green in Winter as well as Summer.

Government and Virtues.] Both this and the former are under the Dominion of *Mercury*, and fo is that alfo which followeth after; and the Virtue of both thefe are fo near alike, that tho' I have defcribed them and their Places of growing feverally, yet I fhall in writing the Virtues of them, join them both together as followeth.

The Decoction of the Herb *Maiden-Hair* being drunk, helpeth thofe that are troubled with the Cough, Shortnefs of Breath, the Yellow Jaundice, Difeafes of the Spleen, ftopping of Urine, and helpeth exceedingly to break the Stone in the Kidneys, (in all which Difeafes the *Wall-Rue* is alfo very effectual.) It provoketh Women's Courfes, and ftays both Bleedings and Fluxes of the Stomach and Belly, efpecially when the Herb is dry: For being green, it loofeneth the Belly, and voideth Choler and Phlegm from the Stomach and Liver; it cleanfeth the Lungs, and by rectifying the Blood, caufeth a good Colour to the whole Body. The Herb boiled in Oil of *Camomile*, diffolveth Knots, allayeth Swellings, and drieth up moift Ulcers. The Lee made thereof, is fingular good to cleanfe the Head from Scurf, and from dry and running Sores; ftayeth the falling or fhedding of the Hair, and caufeth it to grow thick, fair, and well coloured; for which purpofe fome boil it in Wine, putting fome *Smallage* Seed thereto, and afterwards fome Oil. The *Wall-Rue* is as effectual as *Maiden-Hair*, in all

Coughs, Shortnefs of Breath, the Yellow Jaundice, Spleen, Dyfury, Stone, Terms provokes, Bleedings, Fluxes, Lungs, Swellings, Ulcers, Scurf, Baldnefs.

all Diſeaſes of the Head, or falling and recovering of the Hair again, and generally for all the aforementioned Diſeaſes. And beſides, the Powder of it taken in Drink for 40 Days together, helpeth the Burſtings in Children.

Golden Maiden-Hair.

TO the former give me leave to add this, and I ſhall do no more, but only deſcribe it unto you; and for the Virtues refer you to the former, ſith whatſoever is ſaid of them, may be alſo ſaid of this.

Deſcript.] *It hath many ſmall, browniſh, red Hairs to make up the form of Leaves growing about the Ground from the Root; and in the Middle of them in Summer, riſe ſmall Stalks of the ſame Colour, ſet with very fine, yellowiſh green Hairs on them, and bearing a ſmall Gold, yellow Head, leſſer than a Wheat Corn, ſtanding in a great Huſk. The Root is very ſmall and thready.*

Place.] It groweth in Bogs and Mooriſh Places, and alſo on dry ſhadowy Places, as *Hampſtead-Heath*, and elſewhere.

Mallows, *and* Marſh-Mallows.

COmmon Mallows are generally ſo well known that they need no Deſcription.

Our common Marſh-Mallows have divers ſoft hairy, white Stalks, riſing to be three or four Foot high, ſpreading forth many Branches, the Leaves whereof are ſoft and hairy, ſomewhat leſſer than the other Mallow Leaves, but longer pointed, cut (for the moſt part) into ſome few Diviſions, but deep. The Flowers are many, but ſmaller alſo than the other Mallows, and white, or tending to a blueiſh Colour. After which come ſuch long, round Caſes and Seeds, as in the other Mallows. The Roots are many and long, ſhooting from one Head, of the bigneſs of a Thumb or Finger, very plaint, tough, and being like Liquorice, of a whitiſh yellow Colour on the Outſide, and more white within, full of a ſlimy Juice, which being laid in Water, will thicken, as if it were a Jelly.

Place.] The common Mallows grow in every County of this Land.

The common Marſh-Mallows in moſt of the Salt Marſhes, from *Woolwich*, down to the Sea, both on the *Kentiſh* and *Eſſex* Shores, and in divers other Places of this Land.

Time.]

Time.] They flower all the Summer Months even until the Winter do pull them down.

Government and Virtues.] *Venus* owns them both. The Leaves of either of the Sorts before ſpecified, and the Roots alſo boiled in Wine or Water, or in Broth with Parſley or Fennel Roots, do help to open the Body, and are very convenient in hot Agues, or other Diſtempers of the Body, to apply the Leaves ſo boiled, warm to the Belly. It not only voideth hot, cholerick, and other offenſive Humours, but eaſeth the Pains and Torments of the Belly coming thereby; and are therefore uſed in all Clyſters conducing to thoſe Purpoſes. The ſame uſed by Nurſes, procureth them ſtore of Milk. The Decoction of the Seed of any of the common Mallows made in Milk or Wine doth marvellouſly help Excoriations, the Phthiſic, Pleuriſy, and other Diſeaſes of the Cheſt and Lungs, that proceed of hot Cauſes, if it be continued taking for ſome Time together. The Leaves and Roots work the ſame Effects. They help much alſo in the Excoriations of the Guts and Bowels, and hardneſs of the Mother, and in all hot and ſharp Diſeaſes thereof. The Juice drunk in Wine, or the Decoction of them therein, doth help Women to a ſpeedy and eaſy Delivery. *Pliny* ſaith, that whoſoever ſhall take a ſpoonful of any of the Mallows, ſhall that Day be free from all Diſeaſes that may come unto him; and that it is ſpecial good for the Falling-ſickneſs. The Syrup alſo and Conſerve made of the Flowers, are very effectual for the ſame Diſeaſes, and to open the Body, being coſtive. The Leaves bruiſed, and laid to the Eyes with a little Honey, take away the Impoſthumations of them. The Leaves bruiſed or rubbed upon any Place ſtung with Bees, Waſps, or the like, preſently take away the Pains, Redneſs, and Swelling that riſe thereupon. And *Dioſcorides* ſaith, The Decoction of the Roots and Leaves helpeth all Sorts of Poiſon, ſo as the Poiſon be preſently voided by Vomit. A Poultice made of the Leaves boiled and bruiſed, whereunto add ſome Bean or Barley Flour, and

Agues, Choler, griping in the Belly, Milk, Excoriation, Phthiſic, Pluriſy, Travel in Women, Falling-ſickneſs, Eyes, Bees, Waſps, &c. Poiſon, Hard-ſwellings, Inflammations, Cods, Liver, Spleen, Roughneſs of the Skin, Scurf, Dandrif, Scabby Heads, Scalding, Burning, St. Anthony's Fire, ſore Mouth and Throat, Baldneſs, Thorns.

Oil

Oil of Roſes, is an eſpecial Remedy againſt all hard Tumours and Inflammations, or Impoſthumes, or Swellings of the Cods, and other Parts, and eaſeth the Pains of them; as alſo againſt the Hardneſs of the Liver or Spleen, being applied to the Places. The Juice of Mallows boiled in old Oil and applied, taketh away all Roughneſs of the Skin, as alſo the Scurf, Dandriff, or dry Scabs in the Head, or other Parts, if they be anointed therewith, or waſhed with the Decoction, and preſerveth the Hair from falling off. It is alſo effectual againſt Scaldings and Burnings, St *Anthony*'s Fire, and all other hot, red and painful Swellings in any Part of the Body. The Flowers boiled in Oil or Water (as every one is diſpoſed) whereunto a little Honey and Allum is put, is an excellent Gargle to waſh, cleanſe or heal any ſore Mouth or Throat in a ſhort Space. If the Feet be bathed or waſhed with the Decoction of the Leaves, Roots and Flowers, it helpeth much the Defluctions of Rheum from the Head; if the Head be waſhed therewith, it ſtayeth the falling and ſhedding of the Hair. The green Leaves, (ſaith *Pliny*) beaten with Nitre, and applied, draw out Thorns or Prickles in the Fleſh.

The Marſh-Mallows are more effectual in all the Diſeaſes before mentioned: The Leaves are likewiſe uſed to looſen the Belly gently, and in Decoctions for Clyſters to eaſe all Pains of the Body, opening the ſtraight Paſſages, and making them ſlippery, whereby the Stone may deſcend the more eaſily, and without Pain, out of the Reins, Kindeys and Bladder, and to eaſe the toruring Pains thereof. But the Roots are of more ſpecial Uſe for thoſe Purpoſes, as well for Coughs, Hoarſeneſs, Shortneſs of Breath and Wheezings, being boiled in Wine, or Honyed Water, and drunk. The Roots and Seeds hereof boiled in Wine or Water, are with good Succeſs uſed by them that have Excoriations in the Guts, or the Bloody-flux, by qualifying the Violence of ſharp fretting Humours, eaſing the Pains, and healing the Soreneſs. It is profitably taken of them that are troubled with Ruptures, Cramps, or Convulſions of the Sinews: and boiled in White-wine, for the Impoſthumes of the Throat; com-

Belly, Stone, Reins, Kidneys, Shortneſs of Breath, Bladder, Excoriations of the Guts, Coughs, Wheezing, Ruptures, Cramp, Convulſions, the King's-Evil, Kernels, Chin-Cough, Wounds, Bruiſes, Falls, Blows, Muſcles, Mophew, Sun-burning.

commonly called the King's-Evil, and of thoſe Kernels that riſe behind the Ears, and Inflammations or Swellings in Women's Breaſts. The dried Roots boiled in Milk and drunk, is ſpecial good for the Chin-cough. *Hippocrates* uſed to give the Decoction of the Roots, or the Juice thereof, to drink, to thoſe that are wounded, and ready to faint through loſs of Blood, and applied the ſame mixed with Honey and Roſin to the Wounds. As alſo the Roots boiled in Wine to thoſe that have received any hurt by Bruiſes, Falls, or Blows, or had any Bone or Member out of Joint, or any Swelling-pain, or ach in the Muſcles, Sinews or Arteries. The Mucilage of the Roots, and of *Linſeed* and of *Fœnugreek* put together, is much uſed in Poultices, Ointments, and Plaiſters, to mollify and digeſt all hard Swellings, and the Inflammation of them, and to eaſe Pains in any part of the Body. The Seed either green or dry, mixed with Vinegar, cleanſeth the Skin of Morphew, and all other diſcolourings, being bathed therewith in the Sun.

You may remember, that not long ſince there was a raging Diſeaſe called the Bloody-flux; the College of Phyſicians not knowing what to make of it, called it the *Plague of the Guts*, for their Wits were at *Ne plus ultra* about it; My Son was taken with the ſame Diſeaſe, and the Excoriation of his Bowels was exceeding great; myſelf being in the Country, was ſent for up; the only thing I gave him, was Mallows bruiſed and boiled both in his Milk and Drink, in two Days (the Bleſſing of God being upon it) cured him. And I here, to ſhew my Thankfulneſs to God, in communicating it to his Creatures, leave it to Poſterity.

Maple-Tree.

Government and Virtues.] IT is under the Dominion of *Jupiter*. The Decoction either of the Leaves or Bark, muſt needs ſtrengthen the Liver much, and ſo you ſhall find it do, if you uſe it. It is excellent good to open Obſtructions both of the Liver and Spleen, and eaſeth Pains of the Sides thence proceeding.

Liver ſtrengthens, opens Obſtructions of the Liver and Spleen, Pains in the Liver.

Wind-

Wind-Marjoram.

CAlled alfo *Origane, Origanum, Eaftward-Marjoram, Wild Marjoram,* and *Grove-Marjoram.*

Defcript.] *Wild or Field-Marjoram hath a Root which creepeth much under Ground, which continueth a long Time, fending up fundry brownifh, hard, fquare Stalks, with fmall dark green Leaves, very like thofe of Sweet-Marjoram, but harder, and fomewhat broader; at the Top of the Stalks ftand Tufts of Flowers, of a deep purplifh red Colour. The Seed is fmall, and fomething blacker than that of Sweet Marjoram.*

Place.] It groweth plentifully in the Borders of Corn-fields, and in fome Copfes.

Time.] It flowereth toward the latter End of Summer.

Government and Virtues.] This alfo is under the Dominion of *Mercury*. It ftrengthens the Stomach and Head much, there being fcarce a better Remedy growing for fuch as are troubled with a four Humour in the Stomach; it reftores the Appetite being loft, helps the Cough, and Confumption of the Lungs, it cleanfeth the Body of Choler, expelleth Poifon, and remedieth the Infirmities of the Spleen, helps the Bitings of Venomous Beafts, and helps fuch as have poifon'd themfelves by eating *Hemlock, Henbane,* or *Opium*. It provoketh Urine and the Terms in Women, helps the Dropfy, and the Scurvy, Scabs, Itch, and Yellow Jaundice. The Juice being dropped into the Ears, helps Deafnefs, Pain and Noife in the Ears. And thus much for this Herb, between which and *Adders*, there is a deadly Antipathy.

Stomach, Head, Humours, Appetite, Cough, Conſumption of the Lungs, Poiſon, Choler, Spleen, Venomous Beaſt, Poiſon, Urine provoketh, Terms provoke, Dropſy, Scurvy, Scabs, Itch, Leproſy, Yellow Jaundics, Deafneſs, Noiſe, and Pains in the Ears.

Sweet-Marjoram.

SWeet-Marjoram is fo well known, being an Inhabitant in every Garden, that it is needlefs to write any Defcription thereof, neither of the Winter Sweet-Marjoram, or Pot-Marjoram.

Place.] They grow commonly in Gardens; fome Sorts there are that grow wild in the Borders of Corn-fields and Paftures, in fundry Places of this Land; but it is not my

Purpofe to infift upon them. The Garden Kinds being moft ufed and ufeful.

Time.] They flower in the End of Summer.

Government and Virtues.] It is an Herb of *Mercury*, and under *Aries*, and is therefore an excellent Remedy for the Brain and other Parts of the Body and Mind, under the Dominion of the fame Planet. Our common Sweet-Marjoram is warming and comfortable in cold Difeafes of the Head, Stomach, Sinews, and other Parts, taken inwardly, or outwardly applied. The Decoction thereof being drunk, helpeth all Difeafes of the Cheft which hinder the Freenefs of Breathing, and is alfo profitable for the Obftructions of the Liver and Spleen. It helpeth the cold Griefs of the Womb, and the Windinefs thereof, and the Lofs of Speech, by Refolution of the Tongue. The Decoction thereof made with fome Pellitory of *Spain*, and long Pepper, or with a little *Acorns* or *Origanum*, being drunk, is good for thofe that are beginning to fall into a Dropfy, for thofe that cannot make Water, and againft Pains and Torments in the Belly; it provoketh Womens Courfes, if it be put up as a Peffary. Being made into Powder, and mixed with Honey, taketh away the black Marks of Blows, and Bruifes, being thereunto applied; it is good for the Inflammations and Watering of the Eyes, being mixed with fine Flour, and laid unto them. The Juice dropped into the Ears, eafeth the Pains and finging Noife in them. It is profitably put into thofe Ointments and Salves that are warm, and comfort the outward Parts, as the Joints and Sinews; for Swellings alfo, and Places out of Joint. The Powder thereof fnuffed up into the Nofe, provoketh Sneezing, and thereby purgeth the Brain; and chewed in the Mouth, draweth forth much Phlegm. The Oil made thereof, is very warming and comfortable to the Joints that are ftiff, and the Sinews that are hard, to mollify and fupple them. Marjoram is much ufed in all Odoriferous Waters, Powders, &c. that are for Ornament or Delight.

Head, Breaft, Obftructions, Liver, Spleen, Stomach, Womb, Wind, Dropfy, Belly-ach, Terms provokes Marks of Blows, Noife in the Ears, Joints, Sinews, Swellings, Sneezing, Flegm.

Marigolds.

Marigolds.

THeſe being ſo plentiful in every Garden, are ſo well known that they need no Deſcription.

Time.] They flower all the Summer long, and ſometimes in Winter, if it be mild.

Government and Virtues.] It is an Herb of the *Sun*, and under *Leo*. They ſtrengthen the Heart exceedingly, and are very expulſive, and little leſs effectual in the Small-Pox and Meaſles than Saffron. The Juice of Marigold Leaves mixed with Vinegar, and any hot Swellings bathed with it, inſtantly giveth Eaſe, and aſſwageth it. The Flowers, either green or dried, are much uſed in Poſſets, Broths, and Drink, as a Comforter of the Heart and Spirits, and to expel any malignant or peſtilential Quality which might annoy them. A Plaiſter made with the dry Flowers in Powder, Hogs-Greaſe, Turpentine, and Roſin, applied to the Breaſt, ſtrengthens and ſuccours the Heart infinitely in Fevers, whether Peſtilential or not Peſtilential.

Heart, vital Spirits, Peſtilence, Small Pox, Meaſles, hot Swellings, Fevers.

Maſter-wort.

Deſcript.] *COmmon Maſter-wort hath divers Stalks of winged Leaves divided into ſundry Parts, three for the moſt part ſtanding together at a ſmall Foot-ſtalk on both Sides of the greater, and three likewiſe at the End of the Stalk, ſomewhat broad, and cut in on the Edges into three or more Diviſions, all of them dented about the Brims, of a dark green Colour, ſomewhat reſembling the Leaves of* Angelica, *but that theſe grow lower to the Ground, and no leſſer Stalks; among which riſe up two or three ſhort Stalks about two Foot high, and ſlender, with ſuch like Leaves at the Joints which grow below, but with leſſer and fewer Diviſions, bearing Umbels of white Flowers, and after them ſmall, thin, flat blackiſh Seeds, bigger than Dill Seeds. The Root is ſomewhat greater, and growing rather ſideways than down deep into the Ground, ſhooting forth ſundry Heads, which taſte ſharp, biting on the Tongue, and is the hotteſt and ſharpeſt Part of the Plant, and the Seed next unto it being ſomewhat blackiſh on the Outſide, and ſmelling well.*

Place.] It is ufually kept in Gardens with us in *England.*

Time.] It flowereth and feedeth about the End of *Auguft.*

Government and Virtues.] It is an Herb of *Mars.* The Root of *Maſter-wort* is hotter than Pepper, and very available in all cold Griefs and Diſeaſes both of the Stomach and Body, diſſolving very powerfully upward and downward. It is alſo uſed in a Decoction with Wine againſt all cold Rheums, Diſtillation upon the Lungs, or Shortneſs of Breath, to be taken Morning and Evening. It alſo provoketh Urine, and helpeth to break the Stone, and expel the Gravel from the Kidneys; procureth Womens Courſes, and expelleth the dead Birth. Is ſingular good for ſtrangling of the Mother, and other ſuch like Feminine Diſeaſes. It is effectual alſo againſt the Dropſy, Cramps, and Falling ſickneſs; for the Decoction in Wine being gargled in the Mouth, draweth down much Water and Phlegm from the Brain, purging and eaſing it of what oppreſſeth it. It is of a rare Quality againſt all Sorts of Cold Poiſon, to be taken as there is Cauſe; it provoketh Sweat. But leſt the Taſte hereof, or of the Seed (which worketh to the like Effect, tho' not ſo powerfully) ſhould be too offenſive, the beſt Way is to take the Water diſtilled both from the Herb and Root. The Juice hereof dropped, or Tents dipped therein, and applied either to green Wounds or filthy rotten Ulcers, and thoſe that come by envenomed Weapons, doth ſoon cleanſe and heal them. The ſame is alſo very good to help the Gout coming of a Cold Cauſe.

Cold Griefs, Stomach, Cold Rheums, Urine, Stone, Gravel, Dropſy, Cramp and Falling Sickneſs, Womens Courſes, dead Child, Mother, Cold, Poiſon, Sweat, green Wounds, Rotten Ulcers, Gout.

Sweet-Maudlin.

Deſcript.] *COmmon* Maudlin *hath ſomewhat long and narrow Leaves, ſnipp'd about the Edges. The Stalks are two Foot high, bearing at the Tops many yellow Flowers ſet round together, and all of an equal Height, in Umbels or Tufts like unto Tanſy; after which followeth ſmall whitiſh Seed, almoſt as big as Worm-ſeed.*

Place.]

Place and Time.] It groweth in Gardens, and flowereth in *June* and *July*.

Government and Virtues.] The Virtues hereof being the fame with *Coftmary* or *Alecoft*, I fhall not make any Repetition thereof, left my Book grow too big; but rather refer you unto *Coftmary* for Satisfaction.

The Medlar.

Defcript.] *THE Tree groweth near the Bigneſs of the* Quince-tree, *ſpreading Branches reaſonably large, with longer and narrower Leaves than either the* Apple *or* Quince, *and not dented about the Edges. At the End of the Sprigs ſtand the Flowers, made of five white great broad-pointed Leaves, nicked in the Middle with ſmall white Threads alſo; after which cometh the Fruit, of a browniſh green Colour being ripe, bearing a Crown as it were on the Top, which were the five green Leaves; and being rubbed off, or fallen away, the Head of the Fruit is ſeen to be ſomewhat hollow. The Fruit is very harſh before it is mellowed, and hath uſually five hard Kernels within it.*

There is another Kind hereof nothing differing from the former, but that it hath ſome Thorns on it in ſeveral Places, which the other hath not; and uſually the Fruit is ſmall, and not ſo pleaſant.

Time and Place.] They grow in this Land, and flower in *May* for the moſt part, and bear Fruit in *September* and *October*.

Government and Virtues.] The Fruit is old *Saturn*'s, and ſure a better Medicine he hardly hath to ſtrengthen the retentive Faculty; therefore it ſtays Womens Longings: The good old Man cannot endure Womens Minds ſhould run a gadding. Alſo a Plaiſter made of the Fruit dried before they are rotten, and other convenient Things, and applied to the Reins of the Back, ſtops Miſcarriage in Women with Child. They are very powerful to ſtay any Fluxes of Blood or Humours in Men or Women; the Leaves alſo have this Quality. The Fruit eaten by Women with Child, ſtayeth their Longing after unuſual Meats, and is very effectual for them that are apt to miſcarry, and be delivered before their Time, to help that Malady, and make them joyful Mothers.

Miſcarriages, Fluxes, ſtays Womens Longings, hinders Miſcarriage, Gargle, Womens Courſes, Piles, loathing of Meat, or Caſting, Bleeding, Freſh Wounds, Stone in the Kidney.

The Decoction of them is good to gargle and wash the Mouth, Throat and Teeth, when there is any Defluxions of Blood to stay it, or of Humours, which causeth the Pains and Swellings. It is a good Bath for Women to sit over, that have their Courses flow too abundant; or for the Piles when they bleed too much. If a Poultice or Plaister be made with dried *Medlars*, beaten and mixed with the Juice of Red Roses, whereunto a few Cloves and Nutmegs may be added, and a little red Coral also, and applied to the Stomach, that is given to casting or loathing of Meat, it effectually helpeth. The dried Leaves in Powder strewed on fresh bleeding Wounds, restraineth the Blood, and healeth up the Wound quickly. The *Medlar-stones* made into Powder, and drunk in Wine, wherein some Parsley-roots have lain infused all Night, or a little boiled, do break the Stone in the Kidneys, helping to expel it.

Mellilot, *or* King's-Claver.

Descript.] THis hath many green Stalks, two or three Foot high, rising from a tough long white Root, which dieth not every Year, set round about at the Joints with small, and somewhat long, well smelling Leaves, set there together unevenly dented about the Edge. The Flowers are yellow, and well smelling also, made like other *Trefoil*, but small, standing in long Spikes one above another, for an hand Breadth long or better, which afterwards turn into long crooked Cods, wherein is contained flat Seed, somewhat brown.

Place.] It groweth plentifully in many Places of this Land, as in the Edge of *Suffolk*, and in *Essex*, as also in *Huntingtonshire*, and in other Places, but most usually in Corn-fields, in Corners of Meadows.

Time.] It flowereth in *June* and *July*, and is ripe quickly after.

Hard Tumours and Inflammations in the Eyes, or elsewhere, Ulcers in the Head, Stomach pained, Headach, Wind, Spleen.

Government and Virtues.] *Mellilot*, boiled in Wine, and applied, mollifieth all hard Tumours and Inflammations that happen in the Eyes, or other Parts of the Body, as the Fundament, or Privy Parts of Men or Women; and sometimes the Yolk of a roasted

a roasted Egg, or fine Flour, or Poppy-Seed, or Endive, is added unto it. It helpeth the spreading Ulcers in the Head, it being washed with a Lee made thereof. It helpeth the Pains of the Stomach, being applied fresh; or boiled with any of the aforenamed Things. It helpeth also the Pains of the Ears, being dropped into them; and steeped in Vinegar, or Rose-water, it mitigateth the Head-ach. The Flower of *Melilot* or *Chamomile* are much used to be put together in Clysters to expel Wind, and ease Pains; and also into Poultices for the same Purpose, and to assuage swelling Tumours in the Spleen or other Parts, and helpeth Inflammations in any Part of the Body. The Juice dropped into the Eyes is a singular good Medicine to take away any Film or Skin that cloudeth or dimmeth the Eye-sight. The Head often washed with the distilled Water of the Herb and Flower, or a Lee made therewith, is effectual for those that suddenly lose their Senses; as also to strengthen the Memory, to comfort the Head and Brain, and to preserve them from Pain, and the Apoplexy.

Dimness of Sight. Stupidity of Senses. Strengthens Memory. Apoplexy.

French *and* Dog's Mercury.

Descript.] *THIS riseth up with a square green Stalk full of Joints, two Foot high, or thereabouts, with two Leaves at every Joint, and Branches likewise from both Sides of the Stalk, set with fresh green Leaves, somewhat broad and long, about the Bigness of the Leaves of* Basil, *finely dented about the Edges; towards the Tops of the Stalks and Branches, come forth at every Joint in the Male* Mercury *two small, round, green Heads, standing together upon a short Foot-stalk, which growing ripe, are Seeds, not having Flowers. The female Stalk is longer, Spike-fashion, set round about with small green Husks, which are the Flowers, made like small Bunches of Grapes, which give no Seed, but abide long upon the Stalks without shedding. The Root is composed of many small Fibres, which perisheth every Year at the first Approach of Winter, and riseth again of its own sowing; and if once it is suffered to sow itself, the Ground will never want afterwards, even both Sorts of it.*

Dog-Mercury.

HAving defcribed unto you that which is called *French-Mercury*, I come now to fhew you a Defcription of this kind alfo.

Defcript.] This is likewife of two kinds, male and female, having many Stalks flender and lower than *Mercury*, without any Branches at all upon them, the Root is fet with two Leaves at every Joint, fomewhat greater than the Female, but more pointed and full of Veins, and fomewhat harder in handling; of a dark green Colour, and lefs dented or fnipp'd about the Edges. At the Joints with the Leaves come forth longer Stalks than the former, with two hairy round Seeds upon them, twice as big as thofe of the former *Mercury*. The Tafte hereof is Herby, and the Smell fomewhat ftrong and virulent. The Female has much harder Leaves ftanding upon longer Foot-ftalks, and the Stalks are alfo longer: From the Joints come forth Spikes of Flowers like the *French Female Mercury*. The Roots of them both are many, and full of fmall Fibres, which run under Ground, and mat themfelves very much, not perifhing as the former *Mercuries* do; but abiding the Winter, and fhoot forth new Branches every Year, for the old lie down to the Ground.

Place.] The *Male* and *Female French Mercury* are found wild in divers Places of this Land; as by a Village called *Brockland* in *Rumney-Marfh* in *Kent*.

The *Dog-Mercury* in fundry Places of *Kent* alfo, and elfewhere; but the Female more feldom than the Male.

Time.] They flower in the Summer Months, and therein give their Seed.

Government and Virtues.] *Mercury* they fay, owns the Herb, but I rather think 'tis *Venus*, and am partly confident of it too; for I never read that *Mercury* ever minded Womens Bufinefs fo much: I believe he minds his Study more. The Decoction of the Leaves of *Mercury*, or the Juice thereof in Broth, or drunk with a little Sugar put to it, purgeth Cholerick and wateriſh Humours. *Hippocrates* commended it wonderfully for Womens Diſeaſes, and applied to the fecret Parts, to eaſe the Pains of the Mother; and uſed the Decoction of

Purgeth cholerick Humours, Womans Sickneſs, Mother, Womens Courſes, Strangury, Ears, Agues, Phlegm, Rheums and Catarrhs, Melancholy

of it, both to procure Womens Courſes, and to expel the After-birth. And gave the Decoction thereof with Myrrh or Pepper, or uſed to apply the Leaves outwardly againſt the Strangury, and Diſeaſes of the Reins and Bladder. He uſed it alſo for ſore and watring Eyes, and for the Deafneſs, and Pains in the Ears, by dropping the Juice thereof into them, and bathing them afterwards in White-wine. The Decoction thereof made with Water and a Cock-Chicken, is a moſt ſafe Medicine againſt the hot Fits of Agues. It alſo cleanſeth the Breaſt and Lungs of Phlegm, but a little offendeth the Stomach. The Juice or diſtilled Water ſnuffed up into the Noſtrils, purgeth the Head and Eyes of Catarrhs and Rheums. Some uſe to drink two or three Ounces of the diſtilled Water, with a little Sugar put to it, in the Morning faſting, to open and purge the Body of groſs, viſcous, and melancholy Humours. It is wonderful (if it be not fabulous) which *Diſcorides* and *Theophraſtus* do relate of it, *viz.* That if Women uſe theſe Herbs either inwardly or outwardly, for three Days together after Conception, and their Courſes be paſt, they ſhall bring forth Male or Female Children, according to that Kind of Herb they uſe. *Matthiolus* ſaith, That the Seed both of the Male and Female *Mercury* boiled with Wormwood and drunk, cureth the Yellow-Jaundice in a ſpeedy Manner. The Leaves or the Juice rubbed upon Warts, taketh them away. The Juice mingled with ſome Vinegar, helpeth all running Scabs, Tetters, Ring-worms, and the Itch. *Galen* ſaith, That being applied in manner of a Poultice to any Swelling or Inflammation, it digeſteth the Swelling, and allayeth the Inflammation, and is therefore given in Clyſters, to evacuate from the Belly offenſive Humours. The *Dog-Mercury*, although it be leſs uſed, yet may ſerve in the ſame manner, to the ſame Purpoſe, to purge wateriſh and melancholy Humours.

Humours, Yellow-Jaundice, Warts, Scabs, Tetters and Ring-worms, Swellings, Inflammations, Wateriſh and Melancholy Humours.

Mint.

OF all the Kinds of Mint, the Spear-Mint, or Heart-Mint, being moſt uſual, I ſhall only deſcribe as followeth.

Descript.] Spear-Mint hath divers round Stalks, and long, but narrowish Leaves set thereon of a dark green Colour. The Flowers stand in spiked Heads at the Tops of the Branches, being of a pale blue Colour. The Smell or Scent thereof is somewhat near unto *Basil*; it increaseth by the Root under Ground, as all the others do.

Place.] It is an usual Inhabitant in Gardens: And because it seldom giveth any good Seed, the Effects is recompensed by the plentiful Increase of the Root, which being once planted in a Garden, will hardly be rid out again.

Time.] It flowereth not until the beginning of *August*, for the most Part.

Government and Virtues.] It is an Herb of *Venus*. *Dioscorides* saith, it hath a heating, binding and drying Quality, and therefore the Juice taken in Vinegar, stayeth bleeding: It stirreth up Venery, or bodily Lust; two or three Branches thereof taken in the Juice of four Pomgranates, stayeth the Hiccough, Vomiting, and allayeth the Choler. It dissolveth Impostlumes being laid to with Barley-meal. It is good to repress the Milk in Womens Breasts, and for such as have swollen, flagging, or great Breasts. Applied with Salt, it helpeth the biting of a mad Dog; with Mead and Honied Water, it easeth the Pains of the Ears, and taketh away the Roughness of the Tongue, being rubbed thereupon. It suffereth not Milk to curdle in the Stomach, if the Leaves thereof be steeped or boiled in it before you drink it: Briefly it is very profitable to the Stomach. The often Use hereof is a very powerful Medicine to stay Womens Courses and the Whites. Applied to the Forehead and Temples, it easeth Pains in the Head, and is good to wash the Head of young Children therewith, against all manner of Breakings-out, Sores or Scabs therein, and healeth the Chops of the Fundament. It is also profitable against the Poison of Venomous Creatures. The distilled Water of Mint is available to all the Purposes aforesaid, yet

Provokes Venery, stays Vomiting, allayeth Choler, Impostlumes, great Breasts, Mad-Dogs biting, Pains in the Ears, good for the Stomach, Pains of the Head, Sores and Scabs, Chops of the Fundament, Poison, helpeth Liver and Stomach, stayeth Vomiting and Hiccough, provoketh Lust, Spleen, Gravel, Stone and Strangury, comforts the Head, sore Mouth, ill Breath, Palate down.

yet more weakly. But if a Spirit thereof be rightly and chymically drawn, it is much more powerful then the Herb itſelf. *Simeon Sethi* ſaith it helpeth a cold Liver, ſtrengtheneth the Belly and Stomach, cauſeth Digeſtion, ſtayeth Vomits and the Hiccough; it is good againſt the gnawing of the Heart, provoketh Appetite, taketh away Obſtructions of the Liver, and ſtirreth up bodily Luſt; but therefore too much muſt not be taken, becauſe it maketh the Blood thin and wheyiſh, and turneth it into Choler, and therefore Cholerick Perſons muſt abſtain from it. It is a ſafe Medicine for the biting of a mad Dog, being bruiſed with Salt, and laid thereon. The Powder of it being dried and taken after Meat, helpeth Digeſtion, and thoſe that are Splenetick. Taken with Wine, it helpeth Women in their ſore Travail in Child-bearing. It is good againſt the Gravel and Stone in the Kidneys, and the Strangury. Being ſmelled unto, it is comfortable for the Head and Memory. The Decoction hereof gargled in the Mouth, cureth the Gums and Mouth that is ſore, and mendeth an ill-ſavoured Breath; as alſo the Rue and Coriander, cauſeth the Palate of the Mouth to turn to his Place, the Decoction being gargled and held in the Mouth.

The Virtues of the Wild or Horſe-mint, ſuch as grow in Ditches (whoſe Deſcription I purpoſely omitted, in regard they are well enough known) are eſpecially to diſſolve Wind in the Stomach, to help the Cholick, and thoſe that are ſhort-winded, and are an eſpecial Remedy for theſe that have Venereal Dreams and Pollutions in the Night, being outwardly applied to the Teſticles or Cods. The Juice dropped into the Ears eaſeth the Pains of them, and deſtroyeth the Worms that breed therein. They are good againſt the venomous biting of Serpents. The Juice laid on warm, helpeth the King's Evil, or Kernels in the Throat. The Decoction or diſtilled Water helpeth a ſtinking Breath, proceeding from the Corruption of the Teeth, and ſnuffed up the Noſe, purgeth the Head. *Pliny* ſaith, that eating of the Leaves hath been found by Experience to cure the Leproſy, applying ſome hem to the Face, and to help the Scurf or Dandriff of the Head uſed with Vinegar.

Wind, Venereal Dreams and nightly Pollutions, Earspained, biting of Serpents, King's Evil, Stinking Breath, Leproſy, Dandriff.

They

They are extream bad for wounded People; and they say a wounded Man that eats Mint, his Wound will never be cured, and that's a long Day.

Missel-to.

Descript.] *THIS riseth up from the Branch or Arm of the Tree whereon it groweth, with a woody Stem, putting itself into sundry Branches, and they again divided into many other smaller Twigs, interlacing themselves one within another very much covered with a greyish green Bark, having two Leaves set at every Joint, and at the End likewise, which are somewhat long and narrow, small at the Bottom, but broader toward the End. At the Knots or Joints of the Boughs and Branches grow small yellow Flowers, which run into small, round, white, transparent Berries, three or four together full of a glutinous Moisture, with a blackish Seed in each of them, which was never yet known to spring, being put into the Ground, or any where else to grow.*

Place.] It groweth very rarely on Oaks with us; but upon sundry other, as well Timber as Fruit-Trees, plentifully in Woody Groves, and the like through all this Land.

Time.] It flowereth in the Spring time, but the Berries be not ripe until *October*, and abideth on the Branches all the Winter, unless the Black-birds, and other Birds do devour them.

Government and Virtues.] That is under the Dominion of the *Sun*, I do not Question; and can also take for granted, that that which grows upon Oaks, participates something of the Nature of *Jupiter*, because an Oak is one of his Trees; as also that which grows upon Pear Trees, and Apple Trees, participates something of his Nature, because he rules the Tree it grows upon, having no Root of its own. But why that should have most Virtues that grows upon Oaks, I know not, unless because it is rarest and hardest to come by; and our College's Opinion is in this, contrary to Scripture, which saith, *God's tender Mercies are over all His Works*; and so 'tis, let the College of Physicians walk as contrary to him as they please; and that is as contrary as the

the East to the West. *Clusius* affirms that which grows upon Pear-trees to be as prevalent, and gives Order, that it should not touch the Ground after it is gathered; and also saith, that, being hung about the Neck, it remedies Witchcraft. Both the Leaves and Berries of Misselto do heat and dry, and are of subtle Parts; the Birdlime doth mollify hard Knots, Tumours, and Impostumes; ripeneth and discusseth them, and draweth forth thick as well as thin Humours from the remote Parts of the Body, digesting and separating them. And being mixed with equal Parts of Rosin and Wax, doth mollify the Hardness of the Spleen, and helpeth old Ulcers and Sores. Being mixed with Sandarick and Orpiment, it helpeth to draw off foul Nails; and if Quick-lime and Wine-lees be added thereunto, it worsteth the stronger. The Misselto itself of the Oak (as the best) made into Powder, and given in Drink to those that have the Falling-sickness, doth assuredly heal them, as *Matthiolus* saith; but it is fit to use it for forty Days together. Some have so highly esteemed it for the Virtues thereof, that they have called it *Lignum Sanctæ Crucis*, Wood of the holy Cross, believing it helps the Falling-sickness, Apoplexy, and Palsy very speedily, not only to be inwardly taken, but to be hung at their Neck. *Tragus* saith, that the fresh Wood of any Misselto bruised, the Juice drawn forth and dropped into the Ears that have Impostumes in them, doth help and ease them within a few Days.

Witchcraft, Impostumes, Spleen, Ulcers, Falling-sickness, Apoplexy, Palsy, Impostumes.

Money-wort, *or* Herb Two-pence.

Descript.] THE common Money-wort sendeth forth from a small thready Root divers long, weak, and slender Branches, lying and running upon the Ground two or three Foot long or more, set with Leaves two at a Joint one against another at equal Distances, which are almost round, but pointed at the Ends, smooth, and of a good green Colour. At the Joints with the Leaves from the middle forward come forth at every Point sometimes one yellow Flower, and sometimes two, standing each on a small Foot-stalk, and made of five

five Leaves, narrow-pointed at the End with ſome yellow Threads in the middle; which being paſt, there ſtand in their Places ſmall round Heads of Seed.

Place.] It groweth plentifully in almoſt all Places of this Land, commonly in moiſt Grounds by Hedge-ſides, and in the middle of graſſy Fields.

Time.] They flower in *June* and *July*, and their Seed is ripe quickly after.

Government and Virtues. Venus owns it. Money-wort is ſingular good to ſtay all Fluxes in Man or Woman, whether they be Laſks, Bloody-Fluxes, the Flowing of Womens Courſes. Bleeding inwardly or outwardly, and the Weakneſs of the Stomach that is given to caſting. It is very good alſo for all Ulcers or Excoriations of the Lungs, or other inward Parts. It is exceeding good for all Wounds, either freſh or green, to heal them ſpeedily, and for all old Ulcers that are of ſpreading Natures. For all which Purpoſes the Juice of the Herb, or the Powder drunk in Water, wherein hot Steel hath been often quenched; or the Decoction of the green Herb in Wine or Water drunk, or uſed to the outward Places, to waſh or bathe them, or to have Tents dipped therein and put into them, are effectual.

Fluxes, Ulcers, Green Wounds, old Ulcers.

Moon-wort.

Deſcript.] IT riſeth up uſually but with one dark, green, thick and flat Leaf, ſtanding upon a ſhort Footſtalk not above two Fingers Breadth; but when it flowers, it may be ſaid to bear a ſmall ſlender Stalk, about four or five Inches high, having but one Leaf in the middle thereof, which is much divided on both ſides into ſometimes five or ſeven Parts on a ſide, ſometimes more; each of which Parts is ſmall like the midddle Rib, but broad forwards. and round pointed, reſembling therein a Half-moon, from whence it took the Name; the uppermoſt Parts or Diviſions being bigger then the loweſt. The Stalks riſes above this Leaf two or three Inches, bearing many Branches of ſmall long Tongues, every one like the ſpiky Head of the Adder's Tongue, of a browniſh Colour, (which whether I ſhall call them Flowers, or the Seed, I well know not) which after they have continued a while, reſolve into a mealy Duſt. The

Root

Root is ſmall and fibrous. This hath ſometimes divers ſuch like Leaves as are before deſcribed, with ſo many Branches or Tops riſing from one Stalk, each divided from the other.

Place.] It groweth on Hills and Heaths, yet where there is much Graſs, for therein it delighteth to grow.

Time.] It is to be found only in *April* and *May*; for in *June*, when any hot Weather cometh, for the moſt Part it is withered and gone.

Government and Virtues.] The *Moon* owns the Herb. Moonwort is cold and drying more than Adder's-Tongue, and is therefore held to be more available for all Wounds both inward and outward. The Leaves boiled in Red Wine, and drunk, ſtay the immoderate Flux of Womens Courſes, and the Whites. It alſo ſtayeth Bleeding, Vomiting, and other Fluxes. It helpeth all Blows and Bruiſes, and to conſolidate all Fractures and Diſlocations. It's good for Ruptures, but is chiefly uſed by moſt with other Herbs to make Oils or Balſams to heal freſh or green Wounds (as I ſaid before) either inward or outward, for which it is excellent good.

Womens Coarſes, Vomiting, Bleeding, broken and disjointed Bones, Fluxes, green Wounds.

Moon-wort is an Herb which (they ſay) will open Locks, and unſhoe ſuch Horſes as tread upon it: This ſome laugh to ſcorn, and thoſe no ſmall Fools neither; but Country-People that I know, call it *Unſhoe the Horſe*. Beſides, I have heard Commanders ſay, that on *White-Down* in *Devonſhire*, near *Tiverton*, there where found Thirty Horſe ſhoes pulled off from the Feet of the Earl of *Eſſex*'s Horſes, being there drawn up in a Body, many of them being but newly ſhod, and no Reaſon known; which cauſed much Admiration; and the Herb deſcribed uſually grows upon Heaths.

Moſſes.

I Shall not trouble the Reader with a Deſcription of theſe, ſince my Intent is to ſpeak only of two Kinds, as the moſt principal, *viz.* Ground-Moſs and Tree-Moſs, both which are very well known.

Place.] The Ground-Moſs groweth in our moiſt Woods, and in the Bottom of Hills, in boggy Grounds, and in ſhadowy

dowy Ditches, and many other such like Places. The Tree-Mos groweth only on Trees.

Government and Vitues.] All sorts of Mosses are under the Dominion of *Saturn*. The Ground Mos is held to be singular good to break the Stone, and to expell and drive it forth by Urine, being boiled in Wine and drunk. The Herb, being bruised and boiled in Water, and applied, easeth all Inflammations and Pains coming of an hot Cause; and is therefore used to ease the Pains of the hot Gout.

Stone, Inflammations.

The Tree-Mosses are cooling and binding, and partake of a digesting and mollifying Quality withal, as *Galen* saith. But each Mos doth partake of the Nature of the Tree from whence it is taken; therefore that of the Oak is more binding, and is of good Effect to stay Fluxes in Man or Woman; as also Vomiting or Bleeding, the Powder thereof being taken in Wine. The Decoction thereof in Wine is very good for Women to be bath'd, or to sit in, that are troubled with the Overflowing of their Courses. The same being drunk stayeth the Stomach that is troubled with Casting, or the Hiccough; and, as *Avicena* saith, it comforteth the Heart. The Powder thereof taken in Drink for some Time together, is thought available for the Dropsy. The Oil of those that have had fresh Mos steeped therein for a Time, and afterwards boiled and applied to the Temples and Forehead doth marvellously ease the Head-ach coming of a hot Cause; as also the Distillations of hot Rheums or Humours in the Eyes, or other Parts. The Ancients much used it in their Ointments and other Medicines against Lassitude, and to strengthen and comfort the Sinews: For which, if it was good then, I know no Reason but it may be found so still.

Fluxes, Vomiting, Bleeding, Womens Courses.

Dropsy, Head-ach, Sinews.

Mother-wort.

Descript.] THIS hath a hard, square, brownish, rough, strong Stalk, rising three or four Foot high at least, spreading into many Branches, whereon grow Leaves on each Side, with long Foot-stalks, two at every Joint, which are somewhat broad and long, as if it were rough or coupled, with many great Veins therein of a sad green Colour,

lour, and deeply dented about the Edges, and almoft divided. From the middle of the Branches up to the Tops of them (which are long and fmall) grow the Flowers round them at Diftances, in fharp pointed, rough, hard Huſks, of a more red or purple Coulour then Balm or Horehound, but in the fame Manner or Form as the Horehounds; after which come fmall, round, blackifh Seeds in great Plenty. The Root fendeth forth a number of long Strings, and fmall Fibres, taking ſtrong hold in the Ground, of a dark yellowifh, or browniſh Colour, and abideth as the Horehound doth; the Smell of this not much differeth from it.

Place.] It groweth only in gardens with us in *England.*

Government and Virtues.] *Venus* owns the Herb, and it is under *Leo.* There is no better Herb to drive malancholy Vapours from the Heart, to ſtrengthen it, and make a merry, chearful, blithe Soul, than this Herb. It may be kept in a Syrup or Conſerve; therefore the *Latins* called it *Cardiaca.* Beſides, it makes Woman joyful Mothers of Children, and ſettles their Wombs as they ſhould be, therefore we call it Mother-wort. It is held to be of much Uſe for the Trembling of the Heart, and Faintings and Swoonings; from whence it took the Name *Cardiaca.* The Powder thereof, to the Quantity of a Spoonful, drunk in Wine, is a wonderful Help to Women in their ſore Travel, as alſo for the ſuffocation or Riſings of the Mother, and for theſe Effects, it is likely, it took the Name of Mother-wort with us. It alſo provoketh Urine and Womens Courſes, cleanſeth the Cheſt of Cold Phlegm oppreſſing it, killeth Worms in the Belly. It is of good Uſe to warm and dry up the cold Humours, to digeſt and diſperſe them that are ſettled in the Veins, Joints, and Sinews of the Body, and to help Cramps and Convulſions.

Melancholy Vapours, Swooning, ſore Travel Mother, Urine, Womens Courſes, Phlegm, cold Phlegm, Cramp, Convulſion,.

Mouſe-ear.

Deſcript.] Mouſe-ear is a low Herb, creeping upon the Ground by ſmall Strings, like the Strawberry Plant, whereby it ſhooteth forth ſmall Roots, whereat grow upon the Ground many ſmall and ſomewhat ſhort Leaves, ſet in a round Form together, and very hairy, which being broken do give a white Milk: From among theſe Leaves ſpring up

up two or three fmall hoary Stalks about a Span high, with a few fmaller Leaves thereon; at the Tops whereof ftandeth ufually but one Flower, confifting of many pale yellow Leaves, broad at the Point, and a little dented in, fet in three or four Rows (the greater uppermoft) very like a Dandelion Flower, and a little reddifh underneath about the Edges, efpecially if it grow in a dry Ground; which after they have ftood long in Flower do turn into Down, which with the Seed is carried away with the Wind.

Place.] It groweth on Ditch-Banks, and fometimes in Ditches, if they be dry, and in fandy Grounds.

Time.] It flowereth about *June* or *July*, and abideth green all the Winter.

Government and Virtues.] The *Moon* owns this Herb alfo; and tho' Authors cry out upon Alchymifts, for attempting to fix Quick-filver by this Herb and Moon-wort, a *Roman* would not have judged a Thing by the Succefs; if it be to be fixed at all, it is by *Lunar* Influence. The Juice thereof taken in Wine, or the Decoction thereof drunk, doth help the Jaundice, although of long Continuance, to drink thereof Morning and Evening, and abftain from other Drink two or three Hours after. It is a fpecial Remedy againft the Stone, and the tormenting Pains thereof; as alfo other Tortures and griping Pains of the Bowels. The Decoction thereof with Succory and Centaury is held very effectual to help the Dropfy, and them that are inclining thereunto, and the Difeafes of the Spleen. It ftayeth the Fluxes of Blood, either at the Mouth or Nofe, and inward Bleeding alfo, for it is a fingular Wound-Herb for Wounds both inward and outward: It helpeth the Bloody-Flux, and helpeth the Abundance of Womens Courfes. There is a Syrup made of the Juice hereof, and Sugar, by the Apothecaries of *Italy*, and other Places, which is of much Account with them, to be given to thofe that are troubled with the Cough or Phthifick. The fame alfo is fingular good for Ruptures or Burftings. The green Herb bruifed and prefently bound to any Cut or Wound, doth quickly folder the Lips thereof. And the Juice, Decoction, or Powder of the dried Herb is moft fingular to ftay the Malignity of

Jaundice, Stone, Belly-ach, Dropfy, Flux, Wounds, Bloody Flux, Terms-ftops, Cough, Phthifick, Canker, Ulcers, Ruptures, fpreading Sores.

of ſpreading and fretting Cankers and Ulcers whatſoever, yea, in the Mouth and Secret Parts. The diſtilled Water of the Plant is available in all the Diſeaſes aforeſaid, and to waſh outward Wounds and Sores, and apply Tents of Cloths wet therein.

Mug-wort.

Deſcript.] *COmmon* Mug-wort *hath divers Leaves lying upon Ground, very much divided, or cut deeply in about the Brims, ſomewhat like Wormwood, but much larger, of a dark green Colour on the upper Side, and very hoary white underneath. The Stalks riſe to be four or five Foot high, having on it ſuch-like Leaves as thoſe below, but ſomewhat ſmaller, branching forth very much towards the Top, whereon are ſet very ſmall, pale, yellowiſh Flowers like Buttons, which fall away, and after them come ſmall Seeds incloſed in round Heads. The Root is long and hard, with many ſmall Fibers growing from it, whereby it taketh ſtrong hold on the Ground; but both Stalk and Leaf do lie down every Year, and the Root ſhooteth anew in the Spring. The whole Plant is of a reaſonable good Scent, and is more eaſily propagated by the Slips than the Seed.*

Place.] It groweth plentifully in many Places of this Land, by the Water-ſides; as alſo by ſmall Water-courſes, and in divers other Places.

Time.] It flowereth and ſeedeth in the End of Summer.

Government and Virtues.] This is an Herb of *Venus*, therefore maintaineth the Parts of the Body ſhe rules, remedies the Diſeaſes of the Parts that are under her Signs *Taurus* and *Libra*. Mug-wort is with good Succeſs put among other Herbs that are boiled for Women to ſit over the hot Decoction to draw down their Courſes, to help the Delivery of their Birth, and expel the After-birth. As alſo for the Obſtructions and Inflammations of the Mother. It breaketh the Stone, and cauſeth one to make Water where it is ſtopped. The juice thereof made up with Myrrh, and put under as a Peſſary, worketh the ſame Effects, and ſo doth the Root alſo. Being made up with Hog's-Greaſe into an Ointment, it taketh away Wens and hard Knots and Kernels that grow.

Terms provokes, Birth, After-birth, Womb Inflamed, Pains in the Neck, King's-Evil, Opium, Sciatica, Sinews pained, Cramp.

grow about the Neck and Throat, and eaſeth the Pains about the Neck more effectually, if ſome Field Daſies be put with it. The Herb itſelf being freſh, or the Juice thereof taken, is a ſpecial Remedy upon the overmuch taking of Opium. Three Drams of the Powder of the dried Leaves taken in Wine, is a ſpeedy and the beſt certain Help for the Sciatica. A Decoction thereof made with Camomile and Agrimony, and the Place bathed therewith while it is warm, taketh away the Pains of the Sinews, and the Cramp.

The Mulberry-Tree.

THIS is ſo well known where it groweth that it needeth no Deſcription.

Time.] It beareth Fruit in the Month of *July* and *Auguſt*.

Government and Virtues.] *Mercury* rules the Tree, therefore are it Effects variable as his are. The Mulberry is of different Parts; the ripe Berries, by reaſon of their Sweetneſs and ſlippery Moiſture, opening the Body, and the unripe binding it, eſpecially when they are dried, and then they are good to ſtay Fluxes, Laſks, and the Abundance of Women's Courſes. The Bark of the Root killeth the broad Worms in the Body. The Juice, or the Syrup made of the Juice of the Berries, helpeth all Inflammations or Sores in the Mouth, or Throat, and Palate of the Mouth when it is fallen down. The Juice of the Leaves is a Remedy againſt the biting of Serpents, and for thoſe that have taken *Aconite*. The Leaves beaten with Vinegar are good to lay on any Place that is burnt with Fire. A Decoction made of the Bark and Leaves is good to waſh the Mouth and Teeth when they ake. If the Root be a little ſlit or cut, and a ſmall Hole made in the Ground next thereunto, in the Harveſt-time, it will give out a certain Juice, which being hardened the next Day, is of good Uſe to help the Tooth ach, to diſſolve Knots, and purge the Belly. The Leaves of Mulberries are ſaid to ſtay Bleeding at the Mouth or Noſe, or the Bleeding of the Piles, or of a Wound, being bound unto the Places. A Branch of the Tree taken when Moon is at the Full, and bound to the Wriſt of

Bleeding, Fluxes, Inflammation, Loſſs, Terms ſtops, Uvula, ſore Mouth & Throat, Tooth-ach, Bleeding, Hemorrhoids.

A Curious Secret.

of a Woman's Arm, whofe Courfes come down too much, doth ftay them in a fhort Space.

Mullein.

Defcript.] *COmmon white* Mullein *hath many fair, large, woolly white Leaves, lying next the Ground, fomewhat larger than broad, pointed at the End, and as it were dented about the Edges. The Stalk rifeth up to be four or five Foot high, covered over with fuch like Leaves but leffer, fo that no Stalk can be feen for the Multitude of Leaves thereon up to the Flowers, which come forth on all Sides of the Stalk, without any Branches for the moft Part, and are many fet together in a long Spike, in fome of a yellow Colour, in others more pale, confifting of five round-pointed Leaves, which afterwards have fmall round Heads, wherein is fmall brownifh Seed contained. The Root is long, white and woody, perifhing after it hath born Seed.*

Place.] It groweth by Way-fides and Lanes, in many Places of this Land.

Time.] It flowereth in *July*, or thereabouts.

Government and Virtues.] It is under the Dominion of *Saturn*. A fmall Quantity of the Root given in Wine, is commended by *Diofcorides*, againft Lafks and Fluxes of the Belly. The Decoction hereof drunk, is profitable for thofe that are burften, and for Cramps and Convulfions, and for thofe that are troubled with an old Cough. The Decoction thereof gargled, eafeth the Pains of the Tooth-ach. And the Oil made by the often Infufion of the Flowers, is of very good Effect for the Piles. The Decoction of the Root in Red-Wine, or in Water, (if there be an Ague) wherein red hot Steel hath been often quenched, doth ftay the Bloody-flux. The fame alfo openeth Obftructions of the Bladder and Reins when one cannot make Water. A Decoction of the Leaves hereof, and of Sage, Marjoram and Camomile Flowers, and the Places bathed therewith, that have Sinews ftark with Cold or Cramps, doth bring them much Eafe and Comfort. Three Ounces of the diftilled Water of the Flowers drunk Morning and

Fluxes, Ruptures, Cramps, Convulfions, Coughs, Tooth-ach, Hemorrhoids, Bloody-flux, Obftructions, Reins, Bladder, Sinews, Gout, Warts, Belly-ach, Cholick, Inflammation, Thorns, Splinters, Boils, Groin, Difjunctures.

and Evening for fome Days together, is faid to be the moft excellent Remedy for the Gout. The Juice of the Leaves and Flowers being laid upon rough Warts, as alfo the Powder of the dried Roots rubbed on, doth eafily take them away, but doth no good to fmooth Warts. The Powder of the dried Flowers is an efpecial Remedy for thofe that are troubled with the Belly aches, or the Pains of the Cholick. The Decoction of the Root, and fo likewife of the Leaves, is of great effect to diffolve the Tumours, Swellings, or Inflammation of the Throat. The Seed and Leaves boiled in Wine, and applied, draw forth fpeedily Thorns or Splinters gotten into the Flefh, eafe the Pains, and heal them alfo. The Leaves bruifed and wrapped in double Papers, and covered with hot Afhes and Embers to bake a while, and then taken forth and laid warm on any Blotch or Boil happening in the Groin or Share, doth diffolve and heal them. The Seed bruifed and boiled in Wine, and laid on any Member that hath been out of Joint, and is newly fet again, taketh away all Swelling and Pain thereof.

Muftard.

Defcript.] *OUR common* Muftard *hath large and broad rough Leaves, very much jagged with uneven and unorderly Gafhes, fomewhat like Turnip-leaves, but leffer and rougher. The Stalk rifeth to be more than a Foot high, and fometimes two Foot high, being round, rough, and branched at the Top, bearing fuch like Leaves hereon as grow below, but leffer, and lefs divided, and divers yellow Flowers one above another at the Tops, after which come fmall rough Pods, with fmall, lank, flat Ends, wherein is contained round yellowifh Seed, fharp, hot, and biting upon the Tongue. The Root is fmall, long and woody when it beareth Stalks, and perifheth every Year.*

Place.] This groweth with us in Gardens only, and other manured Places.

Time.] It is an annual Plant, flowering in *July*, and the Seed is ripe in *Auguft*.

Government and Virtues.] It is an excellent Sauce for fuch whofe Blood wants clarifying, and for weak Stomachs, being an Herb of *Mars*, but naught for Cholerick People, though as good for fuch as are aged, or troubled with cold Diffeafes. *Aries* claims fomething to do with it, therefore it ftrengthens the

re Heart, and refifteth Poifon. Let fuch whofe Stomachs re fo weak they cannot digeft their Meat, or appetite it, ake of Muftard-feed a Dram, Cinamon as much, and having eaten them to Powder, and half as much Maftick in Powder, nd with Gum-Arabick diffolved in Rofe water, make it up nto Troches, of which they may take one of about half a Dram weight an hour or two before Meals; let old Men and Women make much of this Medicine, and they will either give me Thanks, or fhew manifeft Ingratitude. Muftard feed hath the Virtue of heating, difcuffing, clarifying, and drawing out Splinters of Bones, and other things of the Flefh. It is of good effect to bring down Women's Courfes, for the Falling-ficknefs or Lethargy, drowfy forgetful Evil to ufe it both inwardly and outwardly, to rub the Noftrils, Forehead, and Temples, to warm and quicken the Spirits; for by the fierce Sharpnefs it purgeth the Brain by Sneezing, and drawing down Rheum and other vifcious Humours, which by their Diftillations upon the Lungs and Cheft, procure Coughing, and therefore with fome Honey added thereto doth much good therein. The Decoction of the Seed made in Wine, and drunk, provoketh Urine, refifteth the Force of Poifon, the Malignity of Mufhrooms, and Venom of Scorpions, or other Venomous Creatures, if it be taken in time; and taken before the cold Fits of Agues, altereth, leffeneth, and cureth them. The Seed taken either by itfelf, or with other things, either in an Electuary or Drink, doth mightily ftir up bodily Luft, and helpeth the Spleen and Pains in the Sides, and Gnawings in the Bowels; and ufed as a Gargle draweth up the Palate of the Mouth, being fallen down; and alfo it diffolveth the Swellings about the Throat, if it be outwardly applied. Being chewed in the Mouth it oftentimes helpeth the Tooth-ach. The outward Application hereof upon the pained Place of the Sciatica, difcuffeth the Humours, and eafeth the Pains, as alfo the Gout, and other Joint-aches; and is much and often ufed to eafe Pains in the Sides or Loins, the

Heats, Dries, Splinters, Thorns, Terms provokes, Falling-ficknefs, Lethargy, Sneezing, Dyfury, Poifon, Mufhrooms, Venomous Beafts, Agues, Luft provokes, Spleen, Uvula, Sciatica, Tooth-ach, Pains, Hair, Bruifes, Black-and-Blue, Spots, Roughnfs, Leprofy Louſe-evil, Morphew, Freckles, Wry Necks.

the Shoulders, or other Parts of the Body, upon the plying thereof to raife Blifters, and cureth the Difeafe by drawing it to the outward Parts of the Body. It is alfo ufed to help the falling off of the Hair. The Seed bruifed, mixed with Honey, and applied, or made up with Wax, taketh away the Marks and black-and-blue Spots of Bruifes or the like, the roughnefs or fcabbinefs of the Skin, as alfo the Leprofy, and loufy Evil. It helpeth alfo the Crick in the Neck. The diftilled Water of the Herb, when it is in the Flower, is much ufed to drink inwardly to help in any of the Difeafes aforefaid, or to wafh the Mouth when the Palate is down, and for the Difeafe of the Throat to Gargle, but outwardly alfo for Scabs, Itch, or other the like Infirmities, and cleanfeth the Face from Morphew, Spots, Freckles, and other Deformities.

The Hedge-Muftard.

Defcript.] *THIS groweth up ufually but with one blackifh green Stalk, tough, eafy to bend, but not to break, branched into divers Parts, and fometimes with divers Stalks fet full of Branches, whereon grow long, rough, or hard rugged Leaves, very much tore or cut on the Edges in many Parts, fome bigger, and fome leffer, of a dirty green Colour. The Flowers are fmall and yellow, that grow on the Tops of the Branches in long Spikes, flowering by Degrees; fo that continuing long in Flower, the Stalks will have fmall round Cods at the Bottom, growing upright and clofe to the Stalk, while the Top Flowers yet fhew themfelves, in which are contained fmall yellow Seed, fharp and ftrong, as the Herb is alfo, The Root groweth down ftender and woody, yet abiding and fpringing again every Year.*

Place.] This groweth frequently in this Land, by the Ways and Hedge-fides, and fometimes in the open Fields.

Time.] It flowereth moft ufually about *July*.

Government and Virtues.] *Mars* owns this Herb alfo. It is fingular good in all the Difeafes of the Cheft and Lungs, Hoarfenefs of Voice, and by the Ufe of the Decoction thereof for a little Space, thofe have been recovered who

Cheft, Lungs, Hoarfenefs, Cough, Shortnefs of Breath, Jaundice, Pleurify, Back, Loins, Belly, Cholic, Poifon.

who had utterly loſt their Voice, and almoſt their Spirits alſo. The Juice thereof made into a Syrup, or licking Medicine, with Honey or Sugar, is no leſs effectual for the ſame Purpoſe, and for all other Coughs, Wheezing, and Shortneſs of Breath. The ſame is alſo profitable for thoſe that have the Jaundice, the Pleuriſy, Pains in the Back and Loins, and for Torments in the Belly, or Cholick, being alſo uſed in Clyſters. The Seed is held to be a ſpecial Remedy againſt Poiſon and Venom. It is ſingular good for the Sciatica, the Gout, and in Joint aches, Sores and Cankers in the Mouth, Throat, or behind the Ears; and no leſs for the Hardneſs and Swelling of the Teſticles, or of Womens Breaſts.

Sciatica, Gout, Joints, Fiſtula's, Ulcers, Cankers, Teſticles, Womens Breaſts.

Nail-wort, *or* Whitlow-graſs.

Deſcript.] THIS very ſmall and common Herb hath no Roots, ſave only a few Strings; neither doth it ever grow to be above a Hand's Breadth high; the Leaves are very ſmall, and ſomething long, not much unlike thoſe of *Chickweed*, among which riſe up divers ſlender Stalks, bearing many white Flowers one above another, which are exceeding ſmall; after which come ſmall flat Pouches containing the Seed, which is very ſmall, but of a ſharp Taſte.

Place] It grows commonly upon old Stone and Brick walls, and ſometimes in dry gravelly Grounds, eſpecially if there be Graſs or Moſs near to ſhadow it.

Time.] They flower very early in the Year, ſometimes in *January*, and in *February*; for before the End of *April* they are not to be found.

Government and Virtues.] It is held to be exceeding good for thoſe Impoſthumes in the Joints, and under the Nails, which they call Whitlows, Felons, Andicoms, and Nail-wheals. Such as would be knowing Phyſicians, let them read theſe Books of mine of the laſt Edition, *viz. Riverius, Rulandus, Johnſon, Veſtingus, Sennertus.*

Impoſthumes, Whitlows, Felons, Andicoms, Nail-wheals.

Nep, *or* Catmint.

Defcript.] *Common Garden* Nep *fhooteth forth hard four-fquare Stalks, with a Hoarineſs on them, a Yard high or more, full of Branches, bearing at every Joint two broad Leaves like Balm, but longer pointed, ſofter, whiter, and more hoary, nicked about the Edges, and of a ſtrong ſweet Scent. The Flowers grow in large Tufts at the Tops of the Branches, and underneath them likewiſe on the Stalks many together, of a whitiſh purple Colour. The Roots are compoſed of many long Strings or Fibres, faſtening themſelves ſtronger in the Ground, and abide with green Leaves thereon all the Winter.*

Place.] It is only nurſed up in our Gardens.

Time.] And it flowereth in *July*, or thereabouts.

Government and Virtues.] It is an Herb of *Venus*. *Nep* is generally uſed for Women to procure their Courſes, being taken inwardly or outwardly, either alone, or with other convenient Herbs in a Decoction to bathe them, or ſit over the hot Fumes thereof; and by the frequent Uſe thereof, it takes away Barrenneſs, and the Wind, and Pains of the Mother. It is alſo uſed in Pains of the Head coming of any cold Cauſe, Catarrhs, Rheums, and for Swimming and Giddineſs thereof, and is of ſpecial Uſe for the Windineſs of the Stomach and Belly. It is effectual for any Cramp, or cold Aches, to diſſolve Cold and Wind that afflicteth the Place, and is uſed for Colds, Coughs, and Shortneſs of Breath. The Juice thereof drunk in Wine, is profitable for thoſe that are bruiſed by an Accident. The green Herb bruiſed and applied to the Fundament, and lying there two or three Hours eaſeth the Pains of the Piles; the Juice alſo being made up into an Ointment, is effectual for the ſame Purpoſe. The Head waſhed with a Decoction thereof, it taketh away Scabs, and may be effectual for other Parts of the Body alſo.

Terms provoket, Barrenneſs, Womb, Mother, Wind, Cough, Rheums, Vertigo, Cramp, cold Aches, Difficulty of Breath, Bruiſes, Hæmorrhoids, ſcabby Head.

Nettles.

NEttles are ſo well known that they need no Deſcription; they may be found by feeling in the darkeſt Night.

Government and Virtues] This is alſo an Herb *Mars* claims Dominion over. You know *Mars* is hot and dry, and you know as well that Winter is cold and moiſt; then you may know as well the Reaſon why Nettle Tops eaten in Spring conſumeth the phlegmatick Superfluities in the Body of Man, that the Coldneſs and Moiſtneſs of Winter hath left behind. The Roots or Leaves boiled, or the Juice of either of them, or both made into an Electuary with Honey and Sugar, is a ſafe and ſure Medicine to open the Pipes and Paſſages of the Lungs, which is the Cauſe of Wheezing and Shortneſs of Breath, and helpeth to expectorate tough Phlegm, as alſo to raiſe the impoſthumed Pleuriſy; and ſpend it by ſpitting; the ſame helpeth the Swelling of the Almonds of the Throat, the Mouth and Throat being gargled therewith. The Juice is alſo effectual to ſettle the Palate of the Mouth in its Place, and to heal and temper the Inflammations and Soreneſs of the Mouth and Throat. The Decoction of the Leaves in Wine, being drunk, is ſingular good to provoke Womens Courſes, and ſettle the Suffocation, ſtrangling of the Mother, and all other Diſeaſes thereof; as alſo applied outwardly with a little Myrrh. The ſame alſo, or the Seed, provoketh Urine, and expelleth the Gravel and Stone in the Reins or Bladder, often proved to be effectual in many that have taken it. The ſame killeth the Worms in Children, eaſeth Pains in the Sides, and diſſolveth the Windineſs in the Spleen, as alſo in the Body, although others think it only powerful to provoke Venery. The Juice of the Leaves taken two or three Days together, ſtayeth bleeding at the Mouth. The Seed being drunk, is a Remedy againſt the ſtinging of venomous Creatures, the biting

Lungs, Wheezing, Shortneſs of Breath, Pleuriſy, Almonds, of the Ears, Throat, Mouth, Uvula.

Terms provokes, Mother, Dyſury, Gravel, Worms, Spleen, Bleeding, venomous Beaſts, mad Dogs, Hemlock, Henbane, Nightſhades, Mandrakes, Lethargy, Morphew, Leproſy, Bleeding, Polypus, Ulcers, Fiſtula's, Gangrenes, Scabs, Itch, Wounds, Wearineſs, Diſjunctures, Gout, Sciatica, Joints.

of mad Dogs, the poifonful Qualities of Hemlock, Henbane, Night-fhade, Mandrake, or other fuch like Herbs that ſtupify or dull the Senſe; as alſo the Lethargy, eſpecially to uſe it outwardly, to rub the Forehead or Temples in the Lethargy, and the Places ſtung or bitten with Beaſts, with a little Salt. The diſtilled Water of the Herb is alſo effectual (altho' not ſo powerful) for the Diſeaſes aforeſaid; as for outward Wounds and Sores to waſh them, and to cleanſe the Skin from Morphew, Leproſy, and other Diſcolourings thereof. The Seed or Leaves bruiſed, and put into the Noſtrils, ſtayeth the Bleeding of them, and taketh away the Fleſh growing in them called *Polypus*. The Juice of the Leaves, or the Decoction of them, or of the Root, is ſingular good to waſh either old, rotten or ſtinking Sores or Fiſtula's and Gangrenes, and ſuch as are fretting, eating, or corroding Scabs, Mangineſs, and Itch in any Part of the Body, as alſo green Wounds, by waſhing them therewith, or applying the green Herb bruiſed thereunto, yea, although the Fleſh were ſeparated from the Bones; the ſame applied to our wearied Members, refreſhing them, or to Places that have been out of Joint, being firſt ſet up again, ſtrengtheneth, drieth, and comforteth them, as alſo thoſe Places troubled with Aches and Gouts, and the Defluxion of Humours upon the Joints or Sinews; it eaſeth the Pains, and drieth or diſſolveth the Defluxions. An Ointment made of the Juice, Oil, and a little Wax, is ſingular good to rub cold and benummed Members. An handful of the Leaves of green Nettles, and another of Wall-wort, or Dean-wort, bruiſed and applied ſimply of themſelves to the Gout, Sciatica, or Joint-aches in any Part, hath been found to be an admirable Help thereunto.

Night-ſhade.

Deſcript.] *Common* Night-ſhade *hath an upright, round, green, hollow Stalk, about a Foot or half a Yard high, buſhing forth in many Branches, whereon grow many green Leaves, ſomewhat broad, and pointed at the Ends, ſoft and full of Juice, ſomewhat like unto* Bazil, *but longer, and a little unevenly dented about the Edges: At the Tops of the Stalks and Branches come forth three or four more white Flowers made of five ſmall pointed Leaves a-piece, ſtanding on a Stalk together,*

one

one above another, with yellow Pointels in the middle, compofed of four or five yellow Threads fet together, which afterwards run into fo many pendulous green Berries of the Bignefs of fmall Peafe, full of green Juice, and fmall whitifh round flat Seed lying within it. The Root is white, and a little woody when it hath given flower and fruit with many fmall fibres at it: The whole Plant is of a wateriih infipid tafte, but the Juice within the Berries is fomewhat vifcous, and of a cooling and binding Quality.

Place.] It groweth wild with us under our Walls, and in Rubbifh, the common Paths, and Sides of Hedges and Fields, as alfo in our Gardens here in *England*, without any planting.

Time.] It lieth down every Year, and rifeth again of its own fowing, but fpringeth not until the latter end of *April* at the fooneft.

Government and Virtues.] It is a cold *Saturnine* plant. The common *Night-fhade* is wholly ufed to cool hot Inflammations either inwardly or outwardly, being no ways dangerous to any that ufe it, as moft of the reft of the *Night-fhades* are; yet it muft be ufed moderately. The diftilled Water only of the whole Herb is fitteft and fafeft to be taken inwardly: The Juice alfo clarified and taken being mingled with a little Vinegar, is good to wafh the Mouth and Throat that is inflamed: But outwardly the Juice of the Herb or Berries, with Oil of Rofes and a little Vinegar and Ceruffe labour'd together in a leaden Mortar, is very good to anoint all hot inflammations in the Eyes. It alfo doth much good for the Shingles, Ring-worms, and in all running, fretting and corroding Ulcers, applied thereunto. A Peffary dipped in the Juice, and dropped into the Matrix, ftayeth the immoderate Flux of Womens Courfes; a Cloth wet therein, and applied to the Teftricles or Cods, upon any Swelling therein, giveth much Eafe, alfo to the Gout that cometh of hot and fharp Humours. The Juice dropped into the Ears, eafeth Pains thereof that arife of Heat or Inflammations. And *Pliny* faith, it is good for hot Swellings under the Throat. Have a care you miftake not the *Deadly Night-fhade* for this; if you know it not, you may let them both alone, and take no harm, having other Medicines fufficient in the Book.

Inflammations, Inflammations in the Eyes, Shingles, Ring-worms, Terms ftops. Teftricles, Gout, Ears.

The Oak.

IT is ſo well known (the Timber thereof being the Glory and Safety of this Nation by Sea) that it needeth no Deſcription.

Government and Virtues.] *Jupiter* owns the Tree. The Leaves and Bark of the Oak, and the Acorn-Cups, do bind and dry very much. The inner Bark of the Tree, and the thin Skin that covereth the Acorn, are moſt uſed to ſtay the ſpitting of Blood, and the Bloody-flux. The Decoction of that Bark, and the Powder of the Cups, do ſtay Vomitings, Spitting of Blood, Bleeding at the Mouth, or other Flux of Blood in Men or Women; Laſks alſo, and the involuntary Flux of natural Seed. The Acorn in Powder taken in Wine, provoketh Urine, and reſiſteth the Poiſon of venomous Creatures. The Decoction of Acorns and the Bark made in Milk and taken, reſiſteth the Force of poiſonous Herbs and Medicines, as alſo the Virulency of Cantharides, when one by eating them hath his Bladder exulcerated and piſſeth Blood. *Hippocrates* ſaith, he uſed the Fumes of Oak-Leaves to Women that were troubled with the ſtrangling of the Mother; and *Galen* applied them, being bruiſed, to cure green Wounds. The diſtilled Water of the Oaken-bud, before they break out into Leaves, is good to be uſed either inwardly or outwardly, to aſſwage Inflammations, and to ſtop all manner of Fluxes in Man or Woman. The ſame is ſingular good in peſtilential and hot burning Fevers; for it reſiſteth the Force of the Infection, and allayeth the Heat: It cooleth the Heat of the Liver, breaketh the Stone in the Kidneys, and ſtayeth Womens Courſes. The Decoction of the Leaves worketh the ſame Effects. The Water that is found in the hollow Places of old Oaks, is very effectual againſt any foul or ſpreading Scabs. The diſtilled Water (or Concoction, which is better) of the Leaves, is one of the beſt Remedies that I know of for the Whites in Women.

Dry, bind, ſpitting Blood, Flux, Vomiting, venerous Acts, Poiſon, Dyſury, venemous Beaſts, Cantharides, Ulcers of the Bladder.

Mother, Wounds, Inflammations, Flux, Peſtilences, epidemical Diſeaſes, Liver, Stone, Terms ſtops, Scabs.

Oats.

THeſe are ſo well known that they need no Deſcription.

Government and Virtues.] Oats fried with Bay-ſalt, and applied to the Sides, take away the Pains of Stitches and Wind in the Sides of the Belly. A Poultice made of Meal of Oats, and ſome Oil of Bays put thereunto, helpeth the Itch and the Leproſy, as alſo the Fiſtula's of the Fundament, and diſſolveth hard Impoſthumes. The Meal of Oats boiled with Vinegar, and applied, taketh away Freckles and Spots in the Face, and other Parts of the Body.

Stitch, Wind, Itch, Leproſies, Fiſtula's, Impoſthumes, Freckles.

One-Blade.

Deſcript.] THIS ſmall Plant never beareth more than one Leaf, but only when it riſeth up with his Stalk, which thereon beareth another, and ſeldom more, which are of a blueiſh green Colour, pointed, with many Ribs or Veins therein, like *Plantane*. At the Top of the Stalk grow many ſmall white Flowers, Star-faſhion, ſmelling ſomewhat ſweet; after which come ſmall red Berries, when they are ripe. The Root is ſmall, of the Bigneſs of a Ruſh, lying and creeping under the upper Cruſt of the Earth, ſhooting forth in divers Places.

Place.] It groweth in moiſt ſhadowy and graſſy Places of Woods, in many Places of this Land.

Time.] It flowereth about *May*, and the Berries be ripe in *June*, and then quickly periſheth, untill the next Year it ſpringeth from the ſame Root again.

Government and Virtues.] It is a precious Herb of the *Sun*. Half a Dram, or a Dram at moſt, in Powder of the Roots hereof taken in Wine and Vinegar, of each equal Parts, and the Party laid preſently to ſweat thereupon, is held to be a ſovereign Remedy for thoſe that are infected with the Plague, and have a Sore upon them, by expelling the Poiſon and Infection, and defending the Heart and Spirits from Danger. It is a ſingular good Wound-Herb, and is thereupon uſed with other the like Effects in many compound Balms for curing of

Peſtilence, Poiſon, Epidemical Diſeaſes, Wounds, Sinews cut.

Wounds, be they freſh and green, or old and malignant, and eſpecially if the Sinews be burnt.

Orchis.

IT hath gotten almoſt as many ſeveral Names attributed to the ſeveral Sorts of it, as would almoſt fill a Sheet of Paper, as *Dog ſtones*, *Goat-ſtones*, *Fool-ſtones*, *Fox-ſtones*, *Satirian*, *Cullians*, together with many others too tedious to rehearſe.

Deſcript.] To deſcribe all the ſeveral Sorts of it, were an endleſs Piece of Work; therefore I ſhall only deſcribe the Roots, becauſe they are to be uſed with ſome Diſcretion. They have each of them a double Root within, ſome of them are round; in others like a Hand; theſe Roots alter every year by Courſe, when the one riſeth and waxeth full, the other waxeth lank, and periſheth: Now it is that which is full which is to be uſed in Medicines, the other being either of no uſe at all, or elſe according to the Humour of ſome, it deſtroys and diſannuls the Virtue of the other, quite undoing what that doth.

Time.] One or other of them may be found in flower, from the Beginning of *April* to the latter End of *Auguſt*.

Worms, King's Evil, Luſt provoketh.

Temperature and Virtues] They are hot and moiſt in Operation, under the Dominion of Dame *Venus*, and provoketh Luſt exceedingly, which they ſay the dry and withered Roots reſtrain again; they are held to kill the Worms in Children; as alſo being bruiſed and applied to the Place, to help the King's-Evil.

Onions.

THEY are ſo well known, that I need not ſpend Time about writing a Deſcription of them.

Government and Virtues.] *Mars* owns them, and they have gotten this Quality, to draw any Corruption to them; for if you peel one, and lay it upon a Dunghil, you ſhall find him rotten in half a Day, by drawing Putrefaction to it; then being bruiſed and applied to a Plague Sore, it is very probable it will do the like.

Onion

Onions are flatulent or Windy, yet they do fomewhat provoke Appetite, increafe Thirft, eafe the Belly and Bowels, provoke Womens Courfes, help the Biting of a mad Dog, and of other venomous Creatures, to be ufed with Honey and Rue, increafe Sperm, efpecially the Seed of them. They alfo kill Worms in Children if they drink the Water faſting wherein they have been fteeped all Night. Being roafted under the Embers, and eaten with Honey or Sugar and Oil, they much conduce to help an inveterate Cough and expectorate the tough Phlegm. The Juice being fnuffed up in the Noſtrils, purgeth the Head, and helpeth the Lethargy (yet the often eating them is faid to procure Pains in the Head.) It hath been held by divers Country People a great Preſervative againſt Infection, to eat Onions faſting with Bread and Salt; as alſo to make a great Onion hollow, filling the Place with good Treacle, and after to roaſt it well under the Embers, which after taking away of the outermoſt Skin thereof, being beaten together, is a ſovereign Salve for either Plague or Sore, or any other putrified Ulcer. The Juice of Onions is good for either Scalding or Burning by Fire, Water, or Gunpowder, and uſed with Vinegar, taketh away all Blemiſhes, Spots and Marks in the Skin; and dropped into the Ears, eaſeth the Pains and Noiſe of them. Applied alſo with Figs beaten together, helpeth to ripen and break Impoſthumes, and other Sores.

Mad Dogs, Worms, Cough, Lethargy, Epidemical Diſeaſes.

Leeks are as like them in Quality, as the Pome-water is like an Apple: They are a Remedy againſt a Surfeit of Muſhrooms, being baked under the Embers and taken, and being boiled and applied very warm, help the Piles. In other Things they have the ſame Property as the Onions, altho' not ſo effectual.

Orpine.

Deſcript.] COmmon *Orpene* riſeth up with divers round brittle Stalks, thick ſet with fat and fleſhy Leaves, without any Order, and little or nothing dented about the Edges, of a green Colour: The Flowers are white, or whitiſh, growing in tufts, after which come ſmall chaffy huſks, with Seeds like Duſt in them. The Roots are divers, thick,

thick, round, white, tuberous Clogs; and the Plant groweth not ſo big in ſome Places as in others where it is found.

Place.] It is frequent almoſt in every County of this Land, and is cheriſhed in Gardens with us, where it groweth greater than that which is wild, and groweth in ſhadowy Sides of Fields and Woods.

Time.] It flowereth about *July*, and the Seed is ripe in *Auguſt*.

Government and Virtues.] The *Moon* owns the Herb, and he that knows but her Exaltation, knows what I ſay is true.

Orpine is ſeldom uſed in inward Medicines with us, although *Tragus* ſaith from Experience in *Germany*, that the diſtilled Water thereof is profitable for Gnawings or Excoriations in the Stomach or Bowels; or for Ulcers in the Lungs, Liver, or other inward Parts, as alſo in the Matrix, and helpeth all thoſe Diſeaſes, being drunk for certain Days together. And that it ſtayeth the ſharpneſs of Humours in the Bloody Flux, and other Fluxes in the Body or in Wounds. The Root thereof alſo performeth the like Effect. It is uſed outwardly to cool any Heat or Inflammation upon any Hurt or Wound, and eaſeth the Pains of them; as alſo to heal Scaldings or Burnings, the Juice thereof being beaten with ſome green Sallad Oil, and anointed. The Leaf bruiſed, and laid to any green Wound in the Hands or Legs, doth heal them quickly; and being bound to the Throat, much helpeth the Quinſy; it helpeth alſo Ruptures and Burſtenneſs. If you pleaſe to make the Juice thereof into a Syrup with Honey or Sugar, you may ſafely take a Spoonful or two at a Time (let my Author ſay what he will) for a Quinſy, and you ſhall find the Medicine more pleaſant, and the Cure more ſpeedy, than if you had taken a Dog's Turd, which is the vulgar Cure.

Excoriations of Bowels, Ptyſick, Womb, Bloody-flux, Wounds, Inflammations, Scaldings, Burnings, Quinſy, Ruptures.

Parſley.

THIS is ſo well known, that it needeth no Deſcription.

Govern-

Government and Virtues.] It is under the Dominion of *Mercury*, and is very comfortable to the Stomach, and helpeth to provoke Urine and Womens Courfes, and to break Wind both in the Stomach and Bowels, and doth a little open the Body, but the Root much more; and openeth Obftructions both of Liver and Spleen, and is therefore accounted one of the five opening Roots. *Galen* commended it againft the Falling-ficknefs, and to provoke Urine mightily, efpecially if the Roots be boiled, and eaten like Parfnips. The Seed is effectual to provoke Urine and Womens Courfes, to expel Wind, to break the Stone, and eafeth the Pains and Torments thereof; it is alfo effectual againft the Venom of any poifonous Creature, and the Danger that cometh to them that have the Lethargy, and is as good againft the Cough. The diftilled Water of Parfley is a familiar Medicine with Nurfes to give their Children when they are troubled with Wind in the Stomach or Belly, which they call the Frets; and is alfo much available to them that are of great Years. The Leaves of Parfley laid to the Eyes that are inflamed with Heat, or fwoln, doth much help them, if it be ufed with Bread or Meal; and being fried with Butter, and applied to Womens Breafts that are hard through the Curdling of their Milk, it abateth the Hardnefs quickly, and alfo it taketh away black and blue Marks coming of Bruifes or Falls. The Juice thereof dropped into the Ears with a little Wine eafeth the Pains. *Tragus* fetteth down an excellent Medicine to help the Jaundice and Falling-ficknefs, the Dropfy, and Stone in the Kidney, in this Manner: Take of the Seed of Parfley, Fennel, Annife, and Carraways, of each an Ounce; of the Roots of Parfley, Burnet, Saxifrage, and Carraways, of each an Ounce and a half; let the Seeds be bruifed, and the Roots waffhed and cut fmall. Let them lie all Night in fteep in a Bottle of white Wine, and in the Morning be boiled in a clofe Earthen Veffel until a third Part or more be wafted, which being ftrained and cleared, take four Ounces thereof Morning and Evening firft and laft, abftaining from Drink after it for three Hours. This openeth

Stomach, Dyfury, Terms provokes, Liver, Spleen, Falling-ficknefs, Stone, Wind, venomous Beafts, Sucking Children, Cough, Eyes, Womens Breafts, curdled Milk, black and blue Marks Jaundice, Dropfy.

Ob-

Obſtructions of Liver and Spleen. Obſtructions of the Liver and Spleen, and expelleth the Dropſy and Jaundice by Urine.

Parſley-Piert, *or* Parſley-Break-ſtone.

Deſcript.] THE Root, although it be very ſmall and thready, yet it continues many Years, from whence ariſe many Leaves lying along on the Ground, each ſtanding upon a long ſmall Foot-ſtalk, the Leaves as broad as a Man's Nail, very deeply dented on the Edges, ſomewhat like a Parſley-leaf, but of a very duſky green Colour. The Stalks are very weak and ſlender, about three or four Fingers in length, ſet ſo full of Leaves that they can hardly be ſeen, either having no Foot-ſtalk at all, or but very ſhort; the Flowers are ſo ſmall they can hardly be ſeen, and the Seed as ſmall as may be.

Place.] It is a common Herb throughout the Nation, and rejoiceth in barren, ſandy, moiſt Places. It may be found plentifully about *Hampſtead-Heath*, *Hyde-Park*, and in *Tothill-Fields*.

Time.] It may be found all the Summer-time, even from the Beginning of *April* to the End of *October*.

Government and Virtues.] Its Operation is very prevalent to provoke Urine, and to break the Stone. It is a very good Sallet-Herb. It were good the Gentry would pickle it up as they pickle up Samphire for their Uſe all the Winter. I cannot teach them how to do it; yet this I can tell them, it is a very wholeſome Herb. They may alſo keep the Herb dry, or in a Syrup if they pleaſe. You may take a Drachm of the Powder of it in white Wine, it would bring away Gravel from the Kidneys inſenſibly, and without Pain. It alſo helps the Strangury.

Urine, provoketh Gravel in the Kidneys, Stone, Strangury.

Parſnip.

THE Garden Kind thereof is ſo well known (the Root being commonly eaten) that I ſhall not trouble you with any Deſcription of it. But the wild Kind being of more phyſical Uſe, I ſhall in this Place deſcribe it unto you.

Deſcript.

Deſcript.] *The wild Parſnip differeth little from the Garden, but groweth not ſo fair and large, nor hath ſo many Leaves; and the Root is ſhorter, more woody, and not ſo fit to be eaten, and therefore more medicinal.*

Place.] The Name of the firſt ſheweth the Place of its Growth.

The other groweth wild in divers Places, as in the Marſhes by *Rocheſter*, and elſewhere, and flowereth in *July*; the Seed being ripe about the Beginning of *Auguſt*, the ſecond Year after the Sowing; for if they do flower the firſt Year, the Country People call them Madneps.

Government and Virtues.] The Garden-parſnips are under *Venus*. The Garden-parſnip nouriſheth much, and is good and wholeſome Nouriſhment, but a little windy, whereby it is thought to procure bodily Luſt; but it fatneth the Body much, if much uſed. It is conducible to the Stomach and Reins, and provoketh Urine. But the wild Parſnip hath a cutting, attenuating, cleanſing and opening Quality therein: It reſiſteth and helpeth the Bitings of Serpents, eaſeth the Pains and Stitches in the Sides, and diſſolveth Wind both in the Stomach and Bowels, which is the Cholick, and provoketh Urine. The Root is often uſed, but the Seed much more. The wild being better than the tame, ſhews Dame Nature to be the beſt Phyſician.

Luſt provokes, Dyſury, Cleanſe, Open, Venomous Beaſts, Cholick.

Cow-Parſnip.

Deſcript.] THIS groweth with three or four large, ſpread winged, rough Leaves, lying often on the Ground, or elſe raiſed a little from it, with long, round, hairy Foot-ſtalks under them, parted uſually into five Diviſions, the two Couples ſtanding each againſt other; and one at the End, and each Leaf being almoſt round, yet ſomewhat deeply cut in on the Edges in ſome Leaves and not ſo deep in others, of a whitiſh green Colour, ſmelling ſomewhat ſtrongly; among which ariſeth up a round cruſted, hairy Stalk, two or three Foot high, with a few Joints and Leaves thereon, and branched at the Top, where ſtand large Umbels of white, and ſometimes reddiſh Flowers, and after them flat, whitiſh, thin winged Seed, two always joined together. The Root is long and white, with two or three long Strings growing down into the Ground, ſmelling likewiſe ſtrongly, and unpleaſant.

Place.]

Place.] It groweth in moiſt Meadows, and the Borders and Corners of Fields, and near Ditches generally through this Land.

Time.] It flowereth in *July*, and ſeedeth in *Auguſt*.

Temperature and Virtues.] *Mercury* hath the Dominion over them. The Seed thereof, as *Galen* ſaith, is of a ſharp and cutting Quality, and is therefore a fit Medicine for the Cough and Shortneſs of Breath, the Falling-ſickneſs and Jaundice. The Root is available to all the Purpoſes aforeſaid, and is alſo of great uſe to take away the hard Skin that groweth on a Fiſtula, if it be but ſcraped upon it. The Seed hereof being drunk, cleanſeth the Belly from tough phlegmatick Matter therein, eaſeth them that are Liver-grown, Womens Paſſions of the Mother, as well being drunk as the Smoke thereof received underneath, and likewiſe raiſeth ſuch as are fallen into a deep Sleep, or have the Lethargy, by burning it under their Noſe. The Seed and Root boiled in Oil, and the Head rubbed therewith, helpeth not only thoſe that are fallen into a Frenzy, but alſo the Lethargy or Drowſy Evil, and thoſe that have been long troubled with the Head-ach, if it be likewiſe uſed with Rue. It helpeth alſo the running Scab and the Shingles. The Juice of the Flowers dropped into the Ears that run and are full of Matter, cleanſeth and healeth them.

Cough, Difficulty of Breath, Falling-ſickneſs, Jaundice, Fiſtula, Phlegm, Liver, Mother, Lethargy, Frenſy, Head-ach, Scab, Shingles.

The Peach-Tree.

Deſcript.] A Peach-Tree *groweth not ſo great as the Apricock Tree, yet ſpreadeth Branches reaſonable well, from whence ſpring ſmaller reddiſh Twigs, whereon are ſet long and narrow green Leaves dented about the Edges. The Bloſſoms are greater than the Plumb, and of a light purple Colour; the Fruit round, and ſometimes as big as a reaſonable Pippin; others ſmaller, as alſo differing in Colours and Taſte, as ruſſet, red, or yellow, wateriſh or firm, with a Frize or Cotton all over, with a Cleft therein like an Apricock, and a rugged furrowed great Stone within it, and a bitter Kernel within the Stone. It ſooner waxeth old and decayeth than the Apricock by much.*

Place.]

Place.] They are nurſed in Gardens and Orchards through this Land.

Time.] They flower in the Spring, and fructify in Autumn.

Government and Virtues.] Lady *Venus* owns this Tree, and by it oppoſeth the ill Effects of *Mars*, and indeed for Children and young People, nothing is better to purge Choler and the Jaundice, than the Leaves or Flowers of this Tree being made into a Syrup or Conſerve; let ſuch as delight to pleaſe their Luſt regard the Fruit; but ſuch as have loſt their Health, and their Childrens, let them regard what I ſay, they may ſafely give two Spoonfuls of the Syrup at a Time; it is as gentle as *Venus* herſelf. The Leaves of Peaches bruiſed and laid on the Belly, kill Worms; and ſo they do alſo being boiled in Ale and drunk, and open the Belly likewiſe; and being dried is a ſafer Medicine to diſcuſs Humours. The Powder of them ſtrewed upon freſh bleeding Wounds ſtayeth their bleeding, and cloſeth them up. The Flowers ſteeped all Night in a little Wine ſtanding warm, ſtrained forth in the Morning, and drunk faſting, doth gently open the Belly, and move it downward. A Syrup made of them, as the Syrup of Roſes is made, worketh more forcibly than that of Roſes, for it provoketh Vomiting, and ſendeth wateriſh and hydropick Humours by the Continuance thereof. The Flowers made into a Conſerve, worketh the ſame Effect. The Liquor that droppeth from the Tree, being wounded, is given in the Decoction of Colts-foot, to thoſe that are troubled with the Cough or Shortneſs of Breath, by adding thereunto ſome ſweet Wine, and putting ſome Saffron alſo therein. It is good for thoſe that are hoarſe, or have loſt their Voice; helpeth all Defects of the Lungs, and thoſe that vomit and ſpit Blood. Two Drachms hereof given in the Juice of Lemons, or of Radiſh, is good for them that are troubled with the Stone. The Kernels of the Stones do wonderfully eaſe the Pains and Wringings of the Belly, through Wind or ſharp Humours, and help to make an excellent Medicine for the Stone

Worms, Belly opens, Humours, Wounds.

Dropſy, Cough, Shortneſs of Breath, Vomiting and ſpitting of Blood, Stone, Wind, Cholick.

Stone upon all Occasions, on this manner: *I take Fifty Kernels of Peach-stones, and One Hundred of the Kernels of Cherry-stones, a handful of Elder-Flowers fresh or dried, and three Pints of Muscadel; set them in a close Pot into a Bed of Horse-dung for ten Days, after which distil in a Glass with a gentle Fire,* and keep it for your Use: You may drink upon occasion three or four Ounces at a time. The Milk or Cream of these Kernels being drawn forth with some Vervain water, and applied to the Forehead and Temples, doth much help to procure Rest and Sleep to sick Persons wanting it. The Oil drawn from the Kernels, the Temples being therewith anointed, doth the like. The said Oil put into Clysters, easeth the Pains of the Wind-Cholick; and anointed on the lower Part of the Belly, doth the like, and dropped into the Ears, easeth Pains in them; the Juice of the Leaves doth the like. Being also anointed on the Forehead and Temples, it helpeth the Megrim and all other Pains in the Head. If the Kernels be bruised and boiled in Vinegar until they become thick, and applied to the Head, it marvellously procures the Hair to grow again upon bald Places, or where it is too thin.

Baldness, Ears, watching.

The Pear-Tree.

PEar-Trees are so well known, that they need no Description.

Government and Virtues.] The Tree belongs to *Venus*, and so doth the Apple-Tree. For their Physical Use they are best discerned by their Taste. All the sweet and luscious Sorts, whether manured or wild, do help to move the Belly downwards, more or less. Those that are hard and sour, do on the contrary bind the Belly as much, and the Leaves do so also: Those that are moist do in some sort cool, but harsh or wild Sorts much more, and are very good in repelling Medicines, and if the wild Sort be boiled with Mushrooms, it maketh them the less dangerous. The said Pears boiled with a little Honey, helps much the oppressed Stomach, as all Sorts of them do, some more, some less; but the harsher Sorts do more cool and bind, serving well to be bound to green Wounds, to cool and stay the Blood, and to heal up the Wound without further Trouble or Inflammation, as *Galen* saith he hath found by Experience.

Mushrooms, Stomach, Inflammations, Cool, Bind, Wounds.

rience. The wild Pears do ſooner cloſe up the Lips of green Wounds than others.

Schola Salerni adviſeth to drink much Wine after Pears, or elſe (ſay they) they are as bad as Poiſon; nay, and they curſe the Tree for it too; but if a poor Man find his Stomach oppreſſed by eating Pears, it is but working hard, and it will do as well as drinking Wine.

Pellitory *of* Spain.

COmmon Pellitory of *Spain*, if it be planted in our Gardens, it will proſper very well; yet there is one ſort growing ordinarily here wild, which I eſteem to be little inferior to the other, if at all. I ſhall not deny you the Deſcription of them both.

Deſcript.] Common Pellitory is a very common Plant, and will not be kept in our Gardens without diligent looking to. The Root goes down-right into the Ground bearing Leaves, being long and finely cut upon the Stalk, lying on the Ground, much larger than the Leaves of Camomile are. At the Top it bears one ſingle large Flower at a Place, having a Border of many Leaves, white on the upper Side, and reddiſh underneath, with a yellow Thrum in the Middle, not ſtanding ſo cloſe as that of Camomile doth.

The other common Pellitory which groweth here, hath a Root of a ſharp biting Taſte, ſcarce diſcernible by the Taſte from that before deſcribed, from whence ariſe divers brittle Stalks, a Yard high and more, with narrow long Leaves finely dented about the Edges, ſtanding one above another up to the Tops. The Flowers are many and white, ſtanding in Tufts like thoſe of Yarrow, with a ſmall, yellowiſh Thrum in the Middle. The Seed is very ſmall.

Place.] The laſt groweth in Fields by the Hedge-ſides and Paths, almoſt every where.

Time.] It flowereth at the latter End of *June* and *July*.

Government and Virtues.] It is under the Government of *Mercury*, and I am perſuaded it is one of the beſt Purgers of the Brain that grows. An Ounce of the Juice taken in a Draught of Muſkadel an Hour before the Fit of the Ague comes, will aſſuredly drive away the Ague at the ſecond or third time taking at the furtheſt.

Brain purgeth, Agues, Phlegmatic Humours, Head, Teeth, Diſtillations of the Brain on Lungs & Eyes, Coughs, Phthiſic Conſumptions.

Apoplexy Falling-ſickneſs, Lethargy, Sneezing, Head ach, black and blue Spots, Gout, Sciatica.

theſt. Either the Herb or Root dried and chewed in the Mouth, purgeth the Brain of phlegmatick Humours; thereby not only eaſing Pains in the Head and Teeth, but alſo hindreth the diſtilling of the Brain upon the Lungs and Eyes, thereby preventing Coughs, Pthiſicks, and Conſumption, the Apoplexy and Falling-ſickneſs. It is an excellent approved Remedy in the Lethargy. The Powder of the Herb or Root being ſnuffed up the Noſtrils, procureth Sneezing, and eaſeth the Head-ach, being made into an Ointment with Hogs-greaſe, it takes away black and blue Spots occaſioned by Blows or Falls, and helps both the Gout and Sciatica.

Pellitory of the Wall.

Deſcript.] IT riſeth with browniſh, red, tender, weak, clear, and almoſt tranſparent, Stalks, about two Foot high, upon which grow at the Joints two Leaves ſomewhat broad and long, of a dark green Colour, which afterwards turn browniſh, ſmooth on the Edges, but rough and hairy, as the Stalks are alſo. At the Joints with the Leaves from the middle of the Stalks upwards, where it ſpreadeth into Branches, ſtand many ſmall, pale, purpliſh Flowers in hairy rough Heads, or Huſks, after which come ſmall black rough Seed, which will ſtick to any Cloth or Garment that ſhall touch it. The Root is ſomewhat long, with ſmall Fibres thereat, of a dark reddiſh Colour, which abideth the Winter, altho' the Stalks and Leaves periſh, and ſpring every Year.

Place.] It groweth wild generally thro' the Land, about the Borders of Fields, and by the Sides of Walls, and among Rubbiſh. It will endure well being brought up in Gardens, and planted on the ſhady Side, where it will ſpring of its own ſowing.

Time.] It flowereth in *June* and *July*, and the Seed is ripe ſoon after.

Government and Virtues.] It is under the Dominion of *Mercury*. The dried Herb Pellitory made up into an Electuary with Honey, or the Juice of the Herb, or the Decoction thereof made up with Sugar or Honey, is a ſingular Remedy for an old or dry Cough, the Shortneſs of Breath, and wheezing in the Throat. Three Ounces of the

the Juice thereof taken at a Time doth wonderfully help ſtopping of the Urine and to expel the Stone or Gravel in the Kidneys or Bladder, and is therefore uſually put among other Herbs uſed in Clyſters to mitigate Pains in the Back, Sides, or Bowels, proceeding of Wind, ſtopping of Urine, the Gravel or Stone, as aforeſaid. If the bruiſed Herb, ſprinkled with ſome Muſkadel, be warmed upon a Tile, or in a Diſh upon a few quick Coals in a Chafing-Diſh, and applied to the Belly, it worketh the ſame Effect. The Decoction of the Herb, being drunk, eaſeth Pains of the Mother, and bringeth down Womens Courſes: It alſo eaſeth thoſe Griefs that ariſe from Obſtructions of the Liver, Spleen, and Reins. The ſame Decoction, with a little Honey added thereto, is good to gargle a ſore Throat. The Juice held a while in the Mouth, eaſeth Pains in the Teeth. The diſtilled Water of the Herb drank with ſome Sugar, worketh the ſame Effects, and cleanſeth the Skin from Spots, Freckles, Purples, Wheals, Sun burn, Morphew, *&c.* The Juice dropped into the Ears eaſeth the Noiſe in them, and taketh away the pricking and ſhooting Pains therein: The ſame, or the diſtilled Water, aſſwageth hot and ſwelling Impoſthumes, Burnings and Scaldings by Fire or Water; as alſo all other hot Tumours and Inflammations, or Breakings out of Heat, being bathed often with wet Cloths dipped therein: The ſaid Juice made into a Liniment with Ceruſe, and Oil of Roſes, and anointed therewith, cleanſeth foul rotten Ulcers, and ſtayeth ſpreading or creeping Ulcers, and running Scabs or Sores in Childrens Heads; and helpeth to ſtay falling of the Hair from off the Head. The ſaid Ointment, or the Herb applied to the Fundament, openeth the Piles, and eaſeth their Pains; and being mixed with Goats Tallow, helpeth the Gout: The Juice is very effectual to cleanſe Fiſtula's, and to heal them up ſafely; or the Herb itſelf bruiſed and applied with a little Salt. It is likewiſe alſo effectual to heal any green Wound,

Old or dry Coughs, Shortneſs of Breath, Stone & Gravel, Mother, Womens Courſes, Obſtructions, ſore Throat, Teeth, Freckles, Wheals, Sunburn, Morphew, Pain in the Ears, Impoſthumes, Burnings and Scaldings, Inflammations, Ulcers, Scabs, falling off of the Hair, Piles, Gout, Fiſtula's, green Wounds, bruiſed Tendon or Muſcle.

Wound, that if it be bruifed and bound thereto for three Days, you fhall need no other Medicine to heal it further. A Poultice made hereof with Mallows, and boiled in Wine and Wheat-Bran and Bean Flower, and fome Oil put thereto, and applied warm to any bruifed Sinew, Tendon, or Mufcle, doth in a very fhort Time reftore them to their Strength, taking away the Pains of the Bruifes, and diffolveth the congealed Blood coming of Bows, or Falls from high Places.

The Juice of Pellitory of the Wall clarified and boiled into a Syrup with Honey, and a Spoonful of it drunk every Morning by fuch as are fubject to the Dropfy; if continuing that Courfe, though but once a Week, if ever they have the Dropfy, let them come but to me, and I will cure them *gratis*.

Penny-Royal.

PEnny-Royal is well fo known unto all, I mean the common Kind, that it needeth no Defcription.

There is a greater Kind than the ordinary Sort found wild with us, which fo abideth being brought into Gardens, and differeth not from it, but only in the Largenefs of the Leaves and Stalks, in rifing higher, and not creeping upon the Ground fo much. The Flowers whereof are purple, growing in Rundles about the Stalks like the other.

Place.] The firft, which is common in Gardens, groweth alfo in many moift and watery Places of this Land.

The fecond is found wild in Effect in divers Places by the High-ways from *London* to *Colchefter*, and thereabouts, more abundantly than in any other Counties, and is alfo planted in their Gardens in *Effex*.

Time.] They flower in the latter End of Summer, about *Auguft*.

Government and Virtues.] The Herb is under *Venus*. *Dioſcorides* faith, that Penny-Royal maketh thin tough Phlegm, warmeth the coldnefs of any Part whereto it is applied and digefteth raw or corrupt Matter: Being boiled and drunk, it provoketh Women's Courfes, and expelleth the dead Child and After-birth, and ftayeth the Difpofition to vomit being taken in

Tough Phlegm, Terms provokes, Dead Child, and After-birth, Vomiting, Melancholy, Venomous Beafts, Fainting & Swooning, Gums, Gout, Marks

in Water and Vinegar mingled together. And being mingled with Honey and Salt, it voideth Phlegm out of the Lungs, and purgeth Melancholy by the Stool. Drunk with Wine, it helpeth fuch as are bitten and ftung with venomous Beafts, and applied to the Noftrils with Vinegar, reviveth thofe that are fainting and fwooning. Being dried and burnt, it ftrengtheneth the Gums. It is helpful to thofe that are troubled with the Gout, being applied of itfelf to the Place until it was red, and applied in a Plaifter, it takes away Spots or Marks in the Face, applied with Salt, it profiteth thofe that are fplenetick, or Liver-grown. The Decoction doth help the Itch, if waſhed therewith; being put into Baths for Women to fit therein, it helpeth the Swellings and Hardnefs of the Mother. The green Herb bruifed and put into Vinegar, cleanfeth foul Ulcers, and taketh away the Marks of Bruifes and Blows about the Eyes, and all Difcolourings of the Face by Fire, yea, and the Leprofy, being drunk and outwardly applied: Boiled in Wine with Honey and Salt, it helpeth the Tooth-ach. It helpeth the cold Griefs of the Joints, taking away the Pains, and warmeth the cold Part, being faft bound to the Place, after a Bathing or Sweating in an Hot-houfe. *Pliny* addeth, that Penny-Royal and Mints together, help Faintings and Swoonings, being put into Vinegar, and put into the Noftrils to be fmell'd unto, or a little thereof put into the Mouth. I eafeth the Head-aches, and the Pains of the Breafts and Belly, ftayeth the gnawing of the Stomach, and inward Parts of the Bowels: Being drank in Wine, it provoketh Womens Courfes, and expelleth the dead Child, and After-birth: Being given in Wine, it helpeth the Falling-ficknefs: Put into unwholefome or ftinking Water that Men muft drink (as at Sea, or where other cannot be had) it makes them the lefs hurtful: It helpeth Cramps or Convulfions of the Sinews, being applied with Honey, Salt, and Vinegar. It is very effectual for the Cough, being boiled in Milk, and drunk, and for Ulcers and Sores in the Mouth. *Matthiolus* faith, The Decoction thereof being drunk, helpeth the Jaundice and Dropfy,

in the Face, Tooth-ach, Pains in the Joints, Head-ach, Pains of the Belly and Breaft, Falling-ficknefs, ftinking Water, Cramps, and Convulfions, fore Mouth, Jaundice, Dropfy, Pains of the Head, and Eye-fight.

Dropſy, and all Pains of the Head and Sinews, that come of a cold Cauſe; and that it helpeth to clear and quicken the Eye-ſight. Applied to the Noſtrils of thoſe that have the Falling-ſickneſs, or the Lethargy, or put into the Mouth, it helpeth them much, being bruiſed, and with Vinegar applied. And applied with Barley-Meal, it helpeth Burnings by Fire; and put into the Ears, eaſeth the Pains of them.

Lethargy, Burnings,

Peony, Maſc. & Fæmin.

Deſcript.] MALE Peony riſeth up with browniſh Stalks, whereon grow green and reddiſh Leaves, upon a Stalk without any particular Diviſion in the Leaf at all. The Flowers ſtand at the Top of the Stalks, conſiſting of five or ſix broad Leaves, of a fair purpliſh red Colour, with many yellow Threads in the Middle ſtanding about the Head, which after riſeth up to be the Seed-veſſels, divided into two, three, or four crooked Pods like Horns, which being full ripe, open and turn themſelves down backward, ſhewing within them divers round, black ſhining Seeds; having alſo many crimſon Grains, intermixed with black, whereby it maketh a very pretty Show. The Roots are great, thick, and long, ſpreading and running down deep in the Ground.

The ordinary Female Peony hath as many Stalks, and more Leaves on them than the Male; the Leaves not ſo large, but nicked on the Edges, ſome with great and deep, others with ſmaller Cuts and Diviſions, of a dead green Colour. The Flowers are of a ſtrong heady Scent, uſually ſmaller, and of a more purple Colour than the Male; with yellow Thrums about the Head, as the Male hath. The Seed veſſels are like Horns, as in the Male, but ſmaller; the Seed is black, but leſs ſhining. The Roots conſiſt of many ſhort tuberous Clogs, faſtened at the End of long Strings, and all from the Heads of the Roots, which is thick and ſhort, and of the like Scent with the Male.

Place and Time.] They grow in Gardens, and flower uſually about *May*.

Government and Virtues.] It is an Herb of the *Sun*, and under the *Lion*. Phyſicians ſay, Male Peony Roots are beſt; but Dr. *Reaſon* told me, Male Peony was beſt for Men, and Female Peony for Women, and he deſires to be judged by his Brother Dr. *Experience*. The Roots are held to be of more

more Virtue than the Seed; next the Flowers, and last of all, the Leaves. The Root of the Male-Peony, fresh gathered, having been found by Experience to cure the Falling-sickness; but the surest Way is (besides hanging it about the Neck, by which Children have been cured) to take the Root of the Male-Peony washed clean, and stamped somewhat small, and laid to infuse in Sack for 24 Hours at the least; afterwards strain it, and take it first and last, Morning and Evening, a good Draught for sundry Days together, before and after a Full-Moon; and this will also cure older Persons, if the Disease be not grown too old and past Cure, especially if there be a due and orderly Preparation of the Body with Posset-drink made of Betony, &c. The Root is also effectual for Women that are not sufficiently cleased after Child-birth, and such as are troubled with the Mother; for which likewise the black Seed beaten to Powder, and given in Wine, is also available. The black Seed also taken before Bed time, and in the Morning, is very effectual for such as in their Sleep are troubled with the Disease called *Ephialtes* or *Incubus*; but we do commonly call it the *Night-mare*; a Disease which melancholy Persons are subject unto: It is also good against melancholy Dreams. The distilled Water or Syrup made of the Flowers, worketh the same Effects that the Root and Seed do, although more weakly. The Female is often used for the Purposes aforesaid, by reason the Male is so scarce a Plant, that it is possessed by few, and those great Lovers of Rarities in this Kind.

Fa ling-sickness.

Women not cleansed in Child-birth, Mother, Ephialties or the Night mare, melancholick Dreams.

Pepper-wort, *or* Dittander.

Descript.] OUR common Pepper-wort sendeth forth somewhat long and broad Leaves, of a light blueish greenish Colour, finely dented about the Edges, and pointed at the Ends, standing upon round hard Stalks, three or four Foot high, spreading many Branches on all Sides, and having many small white Flowers at the Tops of them; after which follow small Seed in small Heads. The Root is slender, running much under Ground, and shooting up again in many Places, and both Leaves and Roots are very hot and sharp of Taste, like Pepper; for which Cause it took the Name.

Place.]

Place.] It groweth naturally in many Places of this Land, as at *Clare* in *Eſſex*; alſo near unto *Exeter* in *Devonſhire*; upon *Rocheſter* Common in *Kent*; in *Lancaſhire*, and divers other Places; but uſually kept in Gardens.

Time.] It flowereth in the End of *June*, and in *July*.

Government and Virtues.] Here is another Martial Herb for you, make much of it. *Pliny*, and *Paulus Ægineta* ſay, That Pepper-wort is very ſucceſsful for the Sciatica, or any other Gout or Pain in the Joints, or any other inveterate Grief: The Leaves hereof to be bruiſed, and mixed with old Hog's-greaſe, and applied to the Place, and to continue thereon four Hours in Men, and two Hours in Women, the Place being afterwards bathed with Wine and Oil mixed together, and then wrapt up with Wool or Skins, after they have ſweat a little. It alſo amendeth the Deformities or Diſcolourings of the Skin, and helpeth to take away Marks, Scars, and Scabs, or the foul Marks of burning with Fire or Iron. The Juice hereof is by ſome uſed to be given in Ale to drink to Women with Child, to procure them a ſpeedy Delivery in Travail.

Sciatica, Gout, Joints pained, Diſcolouring of the Skin, Marks and Scars by Burning, ſpeedy Delivery.

Periwinkle.

Deſcript.] THE common Sort hereof hath many Branches trailing or running upon the Ground, ſhooting out ſmall Fibres at the Joints as it runneth, taking thereby hold in the Ground, and rooteth in divers Places. At the Joints of theſe Branches ſtand two ſmall dark green, ſhining Leaves, ſomewhat like Bay-Leaves, but ſmaller, and with them come forth alſo the Flowers (one at a Joint, ſtanding upon a tender Footſtalk) being ſomewhat long and hollow, parted at the Brims, ſometimes into four, ſometimes into five Leaves: The moſt ordinary Sorts are of a pale blue Colour; ſome are pure white, and ſome of a dark reddiſh purple Colour. The Root is little bigger than a Ruſh, buſhing in the Ground, and creeping with his Branches far about, whereby it quickly poſſeſſeth a great Compaſs, and is therefore moſt uſually planted under Hedges, where it may have Room to run.

Place.] Thoſe with the pale blue, and thoſe with the white Flowers, grow in Woods, and Orchards, by the Hedge-

Hedge-fides, in divers Places of this Land; but thofe with the purple Flowers in Gardens only.

Time.] They flower in *March* and *April.*

Temperature and Virtues.] *Venus* own this Herb, and faith, That the Leaves eaten by Man and Wife together, cauſe Love between them. The Periwinkle is a great Binder, ſtayeth Bleeding both at Mouth and Noſe, if ſome of the Leaves be chewed. The *French* uſe it to ſtay Women's Courſes. *Dioſcorides*, *Galen*, and *Ægineta*, commend it againſt the Laſks, and Fluxes of the Belly, to be drunk in Wine.

Stanch Bleeding. Women's Courſes. Flux, of the Belly.

St. Peter's-Wort.

IF Superſtition had not been the Father of Tradition, as well as Ignorance the Mother of Devotion, this Herb (as well as *St. John's-Wort*) had found ſome other Name to be known by; but we may ſay of our Forefathers, as St. *Paul* of the *Athenians*, *I perceive in many Things you are too ſuperſtitious.* Yet ſeeing it is come to paſs, That Cuſtom having got in Poſſeſſion, pleads Preſcription for the Name; I ſhall let it paſs, and come to the Deſcription of the Herb, which take as followeth.

Deſcript.] *It riſeth up with ſquare upright Stalks for the moſt Part, ſome greater and higher than St.* John's-Wort *(and good Reaſon too, St.* Peter *being the greater Apoſtle (aſk the Pope elſe); for though God would have the Saints equal, the Pope is of another Opinion) but brown in the ſame Manner, have two Leaves at every Joint, ſomewhat like, but larger than St.* John's-Wort, *and a little rounder-pointed, with few or no Holes to be ſeen therein, and having ſometimes ſome ſmaller Leaves riſing from the Boſom of the greater, and ſometimes a little hairy alſo. At the Tops of two Stalks ſtand many Star like Flowers, with yellow Threads in the Middle, very like thoſe of St.* John's-Wort, *inſomuch that this is hardly diſcerned from it, but only by the Largeneſs and Height, the Seed being alike alſo in both. The Root abideth long, ſending forth new Shoots every Year.*

Place.] It groweth in many Groves, and ſmall low Woods, in divers Places of this Land, as in *Kent*, *Huntingdon*, *Cambridge*, and *Northamptonſhire*; as alſo near Water-courſes in other Places.

Time.] It flowereth in *June* and *July*, and the Seed is ripe in *Auguft*.

Government and Virtues.] There is not a Straw to chufe between this and St. *John's-Wort*, only St. *Peter* muft have it, left he fhould want Pot-herbs: It is of the fame Property of St. *John's-Wort*, but fomewhat weak, and therefore more feldom ufed. Two Drachms of the Seed taken at a time in Honied Water, purgeth Cholerick Humours (as faith *Dioſcorides*, *Pliny*, and *Galen*) and thereby helpeth thofe that are troubled with the Sciatica. The Leaves are ufed as St. *John's-Wort*, to help thofe Places of the Body that have been burnt with Fire.

Cholerick Humours. Sciatica. Burnings.

Pimpernel.

Deſcript. *COmmon* Pimpernel *hath divers weak, ſquare Stalks lying only on the Ground, beſet all with two ſmall and almoſt round Leaves at every Joint, one againſt another, very like Chick-weed, but hath no Foot-ſtalks; for the Leaves, as it were, compaſs the Stalk: The Flowers ſtand ſingly each by themſelves at them and the Stalks, conſiſting of five ſmall round-pointed Leaves, of a pale red Colour, tending to an Orange, with ſo many Threads in the Middle, in whoſe Places ſucceed ſmooth round Heads, wherein is contained ſmall Seed. The Root is ſmall and fibrous, periſhing every Year.*

Place.] It groweth every where almoſt, as well in the Meadows and Cornfields, as by the Way-ſides, and in Gardens, ariſing of itſelf.

Time.] It flowereth from *May* until *Auguſt*, and the Seed ripeneth in the mean time, and falleth.

Government and Virtues.] It is a gallant Solar Herb. This is of a cleanſing attractive Quality, whereby it draweth forth Thorns or Splinters, or other ſuch like things gotten into the Fleſh; and put up into the Noſtrils, purgeth the Head; and *Galen* faith alſo, they have a drying Faculty, whereby they are good to ſoder the Lips of Wounds, and to cleanſe foul Ulcers. The diſtilled Water or Juice is much eſteemed by *French* Dames to cleanſe the Skin from any Roughneſs, Deformity, or Diſcolouring thereof; being

Thorns or Splinters. Purgeth the Head, Wounds, and Ulcers. Cleanſeth the Face. Plague, and Peſtilential Fevers.

being boiled in Wine, and given to drink, it is a good Remedy againſt the Plague and other Peſtilential Fevers, if the Party after taking it lie warm in his Bed, and ſweat for two Hours after, and uſe the ſame for twice at leaſt. It helpeth alſo all Stingings and Bitings of venomous Beaſts or mad Dogs, being uſed inwardly and applied outwardly.

Venomous Beaſts. Mad Dogs. Bitings. Obſtructions. Urine. Stone and Gravel. Wounds and Ulcers. Clouds, or Miſts in the Eyes. Tooth-ach. Hæmorrhoids.

The ſame alſo openeth Obſtructions of the Liver, and is very available againſt the Infirmities of the Reins: It provoketh Urine, and helpeth to expel the Stone and Gravel out of the Kidneys and Bladder, and helpeth much in all inward Pains and Ulcers. The Decoction, or diſtilled Water, is no leſs effectual to be applied to all Wounds that are freſh and green, or old filthy, fretting and running Ulcers, which it very effectually cureth in a ſhort Space. A little mixed with the Juice and dropped into the Eyes, cleanſeth them from cloudy Miſts, or thick Films which grow over them and hinder the Sight. It helpeth the Tooth-ach, being dropped into the Ear on the contrary Side of the Pain. It is alſo effectual to eaſe the Pains of the Hæmorrhoids or Piles.

Ground-Pine, *or* Chamepitys.

Deſcript.] *OUR common* Ground-Pine *groweth low, ſeldom riſing above an Hand's-breadth high, ſhooting forth divers ſmall Branches ſet with ſlender, ſmall, long, narrow, greyiſh, or whitiſh Leaves; ſomewhat hairy, and divided into three Parts, many times many buſhing together at a Joint, and ſometimes ſome growing ſcatteringly upon the Stalks, ſmelling ſomewhat ſtrong, like unto Roſin: The Flowers are ſomewhat ſmall, and of a pale, yellow Colour, growing from the Joint of the Stalk all along among the Leaves; after which come ſmall and round Huſks. The Root is ſmall and woody, periſhing every Year.*

Place.] It groweth more pentifully in *Kent* than any other County of this Land, as namely in many Places on this Side *Dartford* along to *Southfleet*, *Chatham*, and *Rocheſter*, and upon *Chatham Down*, hard by the Beacon, and half a Mile from *Rocheſter*, in a Field nigh a Houſe called *Seleſey*.

Time.] It flowereth and giveth Seed in the Summer Months.

Government and Vtrtues.] *Mars* owns the Herb. The Decoction of Ground-Pine drunk, doth wonderfully prevail againft the Strangury, or any inward Pains arifing from the Diſeaſes of the Reins and Urine, and is ſpecial good for all Obſtructions of the Liver and Spleen, and gently openeth the Body; for which Purpoſe they were wont in former Times to make Pills with the Powder thereof, and the Pulp of Figs. It marvellouſly helpeth all the Diſeaſes of the Mother uſed inwardly, or applied outwardly, procuring Women's Courſes, and expelling the dead Child, and After birth; yea it is ſo powerful upon thoſe Feminine Parts, that it is utterly forbidden for Women with Child, for that it will cauſe Abortment or Delivery before the Time. It is effectual alſo in all Pains and Diſeaſes of the Joints, as Gouts, Cramps, Palſies, Sciatica and Aches. Either the Decoction of the Herb in Wine taken inwardly, or applied outwardly, or both, for ſome time together, for which Purpoſe the Pills made with Powder of Ground-Pine, and of Hermodactyls with *Venice*-Turpentine are very effectual. The Pills alſo are ſpecial good for thoſe that have the Dropſy, to be continued for ſome time. The ſame is a ſpecial good Help for the Jaundice, and for griping Pains of the Joints, Belly, or inward Parts. It helpeth alſo all Diſeaſes of the Brain, proceeding of cold and phlegmatick Humours and Diſtillations, as alſo for the Falling ſickneſs. It is a ſpecial Remedy for the Poiſon of the Aconites of all Sorts, and other poiſonful Herbs; as alſo againſt the ſtinging of any venomous Creature. It is a good Remedy for a cold Cough, eſpecially in the Beginning. For all the Purpoſes aforeſaid, the Herb being tunned up in new Drink, and drunk, is almoſt as effectual, but far more acceptable to weak and dainty Stomachs. The diſtilled Water of the Herb hath the Effects, but more weakly. The Conſerve of the Flowers doth the like, which *Matthiolus* much commendeth againſt the Palſy. The green Herb, or the Decoction thereof, being applied, diſſolveth the Hardneſs of Women's Breaſts, and all other hard Swellings in any other Part of the Body.

Strangury. Obſtructions. Women's Courſes. Mother. Dead Child, and After-birth.

Gouts, Cramps, Palſies, Sciatica, Aches, &c. Dropſy, Poiſon of the Aconites, Venomous Creatures, Cold, Cough, Palſy, hard Breaſt & hard Swellings, Ulcers, old Sores, and green Wounds.

The

The green Herb also applied, or the Juice thereof with some Honey, not only cleanseth putrid, stinking, foul, and malignant Ulcers and Sores of all Sorts, but healeth and sodereth up the Lips or green Wounds in any Part also.

Let Women forbear, if they be with Child, for it works violently upon the Feminine Part.

Plantain.

THIS groweth usually in Meadows and Fields, and by Path-ways, and is so well known, that it needeth no Description.

Time.] It is in its Beauty about *June*, and the Seed ripeneth shortly after.

Government and Vi tues.] It is true, *Mizaldus* and others, yea, almost all Astrology-Physicians hold this to be an Herb of *Mars*, and they give a Verisimile of a Truth for it too, *viz.* because it cures the Diseases of the Head, and Privities, which are under the Houses of *Mars*, *Aries*, and *Scorpio*. All Diseases of the Head coming of Heat are caused by *Mars*; for *Venus* is made of no such hot Metal, or at least deals in inferior Parts. The Truth is, it is under the Command of *Venus*, and cures the Head by Antipathy to *Mars*, and the Privities by Sympathy to *Venus*; neither is there hardly a martial Disease but it cures. If I were to fortify my Body against a martial Disease, I would do it by this Herb as soon as by any, and may do it (it may be) when time shall serve.

The Juice of Plantain clarified and drunk for divers Days together, either of itself, or in other Drink, prevaileth wonderfully against all Torments or Excoriations in the Guts or Bowels, helpeth the Distillations of Rheum from the Head, and stayeth all manner of Fluxes, even Women's Courses, when they flow too abundantly. It is good to stay spitting of Blood and other Bleedings at the Mouth, or the making of foul and bloody Water, by Reason of any Ulcer in the Riens or Bladder, and also stayeth the too free bleeding of Wounds. It is held an

Pains in the Guts, Distillations of Rheum Fluxes, and Women's Courses, spitting Blood or blee ing at Mouth or Nose, or of Wounds, Phthisic, Consumption or Ulcers in the Lungs, Tertian Ague, Dropsy and Falling-sickness, Tooth-ach, Pin and Web in the Eye, Pains

in the Ears, Inflammations, Burning or Scalding, hollow Ulcers, Cankers and Sore Mouths or Privy Parts, Piles, Pains of the Head, Lunacy & Frenzy, biting of Serpents, or mad Dogs, hot Gouts, Bones out of joint, Worms in the Belly, or in Ulcers, Scabs, and Itch, Tetters, Ring-Worms, Shingles and fretting Sores, Wounds.

especial Remedy for those that are troubled with the Phthific, or Consumption of the Lungs, or Ulcers of the Lungs, or Coughs that come of Heat. The Decoction or Powder of the Roots or Seeds, is much more binding for all the Purposes aforesaid than the Leaves. *Dioscorides* saith, that three Roots boiled in Wine and taken, helpeth the *Tertian* Ague, and for the *Quartan* Ague; (but letting pass the Number as fabulous) I conceive the Decoction of divers Roots may be effectual. The Herb (but especially the Seed) is held to be profitable against the Dropsy, the Falling-sickness, the yellow Jaundice, and Stoppings of the Liver and Reins. The Roots of Plantain, and Pellitory of *Spain*, beaten into Powder and put into the hollow Teeth, taketh away the Pains of them. The clarified Juice, or distilled Water, dropped into the Eyes, cooleth the Inflammations in them, and taketh away the Pin and Web; and dropped into the Ears, easeth the Pains in them, and helpeth and restoreth the Hearing. The same also with the Juice of Housleek is profitable against all Inflammations and Breakings out of the Skin, and against Burnings and Scaldings by Fire and Water. The Juice or Decoction made either of itself, or other Things of the like Nature, is of much Use and good Effect for old and hollow Ulcers that are hard to be cured, and for Cankers and Sores in the Mouth or Privy Parts of Man or Woman; and helpeth also the Pains of the Piles in the Fundament. The Juice mixed with Oil of Roses, and the Temples and Forehead anointed therewith, easeth the Pains of the Head proceeding from Heat, and helpeth Lunatick and Phrentick Persons very much; as also the biting of Serpents, or a mad Dog. The same also is profitable applied to all hot Gouts in the Feet or Hands, especially in the Beginning. It is also good to be applied where any Bone is out of joint, to hinder Inflammations, Swellings, and Pains that presently rise thereupon. The Powder of the dried Leaves taken in Drink, killeth Worms of the Belly; and boiled in Wine, killeth Worms that breed in old and foul Ulcers. One Part of Plantain-

Water,

Water, and two Parts of the Brine of Powdered Beef, boiled together and clarified, is a moſt ſure Remedy to heal all ſpreading Scabs or Itch in the Head or Body, all manner of Tetters, Ring-worms, the Shingles, and all other running and fretting Sores. Briefly, the Plantains are ſingular good Wound Herbs to heal freſh or old Wounds or Sores, either inward or outward.

Plumbs.

THESE are ſo well known, that they need no Deſcription.

Government and Virtues.] All Plumbs are under *Venus*, and are like Woman, ſome better ſome worſe. As there is great Diverſity of Kinds, ſo there is in the Operation of Plumbs; for ſome that are ſweet moiſten the Stomach, and make the Belly ſoluble; thoſe that are ſour quench Thirſt more, and bind the Belly; the moiſt and wateriſh do ſooner corrupt in the Stomach, but the firm do nouriſh more and offend leſs. The dried Fruit ſold by the Grocers under the Name of *Damaſk-Prunes*, do ſomewhat looſen the Belly, and being ſtewed, are often uſed both in Health and Sickneſs to reliſh the Mouth and Stomach, to procure Appetite, and a little to open the Body, allay Choler, and cool the Stomach. Plumb-tree Leaves boiled in Wine, are good to waſh and gargle the Mouth and Throat, to dry the Flux of Rheum coming to the Palate, Gums, or Almonds of the Ears. The Gum of the Tree is good to break the Stone. The Gum or Leaves boiled in Vinegar and applied kills Tetters and Ring worms. *Matthiolus* ſaith, The Oil preſſed out of the Kernels of the Stones, as Oil of Almonds is made, is good againſt the inflamed Piles, the Tumours, or Swellings of Ulcers, Hoarſeneſs of the Voice, Roughneſs of the Tongue and Throat, and likewiſe the Pains in the Ears. And that five Ounces of the ſaid Oil taken with one Ounce of Muſkadel, driveth forth the Stone, and helpeth the Cholick.

Open the Belly, quench Thirſt, and bind the Belly, procure Appetite, allay Choler, cool the Stomach, Rheum, Stone, Tetters and Ring-worms, Piles, Ulcers, Hoarſeneſs and Pains in the Ears. Stone and Cholick.

Polypody of the Oak.

Defcript.] *THIS is a fmall Herb confifting of nothing but Roots and Leaves, bearing neither Stalk, Flower, nor Seed, as it is thought. It hath three or four Leaves rifing from the Root, every one fingle by itfelf, of about a Hand Length, are winged, confifting of many fmall narrow Leaves, cut into the middle Rib, ftanding on each Side of the Stalk, large below, and fmaller up to the Top, not dented nor notched at the Edges at all, as the male Fern hath, of fad green Colour, and fmooth on the upper Side, but on the under Side fomewhat rough, by reafon of fome yellowifh Spots fet thereon. The Root is fmaller than one's little Finger, lying aflope, or creeping along under the upper Cruft of the Earth, browniih on the Outfide, and greeniih within, of a fweetifh Harfhnefs in Taft, fet with certain rough Knags on each Side thereof, having alfo much Moffinefs or yellow Hairinefs upon it, and fome Fibres underneath it, whereby it is nourifhed.*

Place.] It groweth as well upon old rotten Stumps, or Trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old Mud-walls, as alfo in moffy, ftony, and gravelly Places near unto Woods. That which grows upon Oak is accounted the beft; but the Quantity thereof is fcarce fufficient for the common Ufe.

Time.] It being always green, may be gathered for Ufe at any Time.

Government and Virtues.] And why, I pray, muft Polypodium of the Oak only be ufed? Gentle College of Phyficians, can you give me but a Glimpfe of Reafon for it? It is only becaufe it is deareft. Will you never leave your Covetoufnefs till your Lives leave you? The Truth is, that which grows upon the Earth is beft ('tis an Herb of *Saturn*, and he feldom climbs Trees) to purge Melancholy; if the Humour be otherwife, chufe you Polypodium accordingly. *Mufe* (who is called the Phyficians Evangelift for the Certainty of his Medicines, and the Truth of his Opinion) faith, That it drieth up thin Humours, digefteth thick and tough, and purgeth burnt Choler, and efpecially tough and thick Phlegm, and thin Phlegm

Drieth Humours, purgeth burnt Choler, Phlegm, Melancholy, Quartan Agues, Choler, Spleen, troublefome Sleep, Cough, fhortnefs of Breath, Wheezing.

Phlegm alfo, even from the Joints; and therefore good for thofe that are troubled with Melancholy, or Quartan Agues, efpecially if it be taken in Whey or honeyed Water, or in Barley-water, or the Broth of a Chicken with Epithymum, or with Beets and Mallows. It is good for the Hardnefs of the Spleen, and for Prickings or Stitches in the Sides, as alfo for the Cholick: Some ufe to put to it fome Fennel-feeds, or Anife-feeds, or Ginger, to correct that Loathing it bringeth to the Stomach, which is more than needeth, it being a fafe and gentle Medicine, fit for all Perfons, which daily Experience confirmeth; and an Ounce of it may be given at a Time in a Decoction, if there be not Sena, or fome other ftrong Purger put with it. A Drachm or two of the Powder of the dried Roots taken faffing in a Cup of honeyed Water, worketh gently, and for the Purpofes aforefaid. The diftilled Water both of Roots and Leaves is much commended for the Quartan Ague, to be taken for many Days together, as alfo againft Melancholy, or fearful or troublefome Sleeps or Dreams; and with fome Sugar-candy diffolved therein, is good againft the Cough, Shortnefs of Breath, and Wheezings, and thofe Diftillations of thin Rheum upon the Lungs, which caufe Phthificks, and oftentimes Confumptions. The frefh Roots beaten fmall, or the Powder of the dried Roots mixed with Honey, and applied to the Member that is out of Joint, doth much help it; and applied alfo to the Nofe, cureth the Difeafe called *Polypus*, which is a Piece of Flefh growing therein, which in Time ftoppeth the Paffage of Breath through that Noftril; and it helpeth thofe Clefts or Chops that comes between the Fingers or Toes.

Lungs, Pthifick, Members out of Joint, Polypus, or Difeafe in the Nofe, Chops in the Fingers or Toes.

The Poplar-Tree.

THERE are two Sorts of *Poplars*, which are moft familiar with us, *viz.* the *Black* and *White*, both which I fhall here defcribe unto you.

Defcript.] *The* White Poplar *groweth great, and reafonably high, covered with a thick, fmooth, white Bark, efpecially the Branches, having large Leaves cut into feveral Divifions almoft like a Vine-leaf, but not of fo deep a Green on the upper Side*

and hoary white underneath, of a reasonable good Scent. The whole Form representing the Form of Colts-foot. The Catkins which it bringeth forth before the Leaves, are long, and of a faint reddish Colour, which fall away, bearing seldom good Seed with them. The Wood hereof is smooth, soft, and white, very finely waved, whereby it is much esteemed.

The Black Poplar *groweth higher and straighter than the* White, *with a greyish Bark, bearing broad and green Leaves, somewhat like Ivy Leaves, not cut in on the Edges like the* White, *but whole and dented, ending in a Point, and not white underneath, hanging by slender long Foot-stalks, which with the Air are continually shaken like as the Aspin-leaves are. The Catkins hereof are greater than those of the* White, *composed of many round green Berries, as if they were set together in a long Cluster, containing much downy Matter, which being ripe, is blown away with the Wind. The clammy Buds hereof, before they spread into Leaves, are gathered to make the* Unguentum Populneum, *and are of a yellowish green Colour, and small, somewhat sweet, but strong. The Wood is smooth, tough, and white, and easy to be cloven: On both these Trees groweth a sweet kind of Musk, which in former Times was used to put into sweet Ointments.*

Place.] They grow in moist Woods, and by Water-sides in sundry Places of this Land; yet the *White* is not so frequent as the other.

Time.] Their Time is likewise expressed before: The Catkins coming forth before the Leaves in the End of Summer.

Government and Virtues.] *Saturn* hath Dominion over both. *White Poplar*, saith *Galen*, is of a cleansing Property: The Weight of one Ounce in Powder of the Bark thereof being drunk, saith *Dioscorides*, is a Remedy for those that are troubled with the Sciatica, or the Strangury. The Juice of the Leaves dropp'd warm into the Ears, easeth the Pains in them. The young clammy Buds or Eyes, before they break out into Leaves, bruised, and a little Honey put to them, is a good Medicine for a dull Sight. The *Black Poplar* is held to be more cooling than the *White*, and therefore the Leaves bruised with Vinegar, and applied, help

Sciatica, Strangury, Pain in the Ears, dull Sight, Gout, Falling-sickness, Warts, Pushes and Wheals, Heat and Inflammations, drieth Womens Milk.

help the Gout. The Seed drunk in Vinegar, is held good againſt the Falling-Sickneſs. The Water that droppeth from the hollow Places of this Tree, taketh away Warts, Puſhes, Wheals, and other the like Breakings out of the Body. The young *Black Poplar* Buds, ſaith *Matthiolus*, are much uſed by Women to beautify their Hair, bruiſing them with freſh Butter, ſtraining them after they have been kept for ſome Time in the Sun. The Ointment called *Populneon*, which is made of this Poplar, is ſingular good for all Heat and Inflammation in any Part of the Body, and tempereth the Heat of Wounds. It is much uſed to dry up the Milk of Womens Breaſts, when they have weaned their Children.

Poppy.

OF this I ſhall deſcribe three Kinds, *viz.* The white and black of the Garden, and the Erratick Wild-Poppy, or Corn-Roſe.

Deſcript.] The *White-Poppy* hath at firſt four or five whitiſh green Leaves lying upon the Ground, which riſe with the Stalk, compaſſing it at the Bottom of them, and are very large, much cut or torn on the Edges, and dented alſo beſides: The Stalk, which is uſually four or five Foot high, hath ſometimes no Branches at the Top, and uſually but two or three at moſt, bearing every one but one Head wrapped up in a thin Skin, which boweth down before it be ready to blow, and then riſing, and being broken, the Flower within it ſpreading itſelf open, and conſiſting of four very large, white, round Leaves, with many whitiſh, round Threads in the Middle, ſet about a ſmall, round, green Head, having a Crown, or Star-like Cover at the Head thereof, which growing ripe, become as large as a great Apple, wherein are contained a great Number of ſmall round Seeds in ſeveral Partitions or Diviſions next unto the Shell, the Middle thereof remaining hollow and empty. As the whole Plant, both Leaves, Stalks and Heads, while they are freſh, young, and green, yield a Milk when they are broken, of an unpleaſant bitter Taſte, almoſt ready to provoke Caſting, and of a ſtrong heady Smell, which being condenſate, is called *Opium*. The Root is white and woody, periſhing as ſoon as it hath given ripe Seed.

The

The *Black Poppy* little differeth from the former, until it beareth its Flower, which is somewhat less, and of a black purplish Colour, but without any purple Spots in the Bottom of the Leaf. The Head of the Seed is much less than the former, and openeth itself a little round about the Top, under the Crown, so that the Seed, which is very black, will fall out, if one turn the Head thereof downward,

The *Wild-Poppy*, or *Corn-Rose*, hath long and narrow Leaves, very much cut in on the Edges into many Divisions, of a light green Colour, sometimes hairy withal: The Stalk is blackish and hairy also, but not so tall as the Garden-kind, having some such like Leaves thereon as grew below, parted into three or four Branches sometimes, whereon grow small hairy Heads bowing down before the Skin break, wherein the Flower is inclos'd, which when it is full blown open, is of a fair yellowish red or crimson Colour, and in some much paler, without any Spot in the Bottom of the Leaves, having many black soft Threads in the Middle, compassing a small green Head, which when it is ripe, is not bigger than one's little Finger's End, wherein is contained much black Seed, smaller by half than that of the Garden. The Root perisheth every year, and springeth again of its own sowing. Of this Kind there is one lesser in all the Parts thereof, and differeth in nothing else.

Place.] The Garden-kinds do not naturally grow wild in any Place, but are all sown in Gardens where they grow.

The *Wild-Poppy*, or *Corn-Rose*, is plentiful enough, and many times too much in the Corn-Fields of all Counties through this Land, and also upon Ditch-Banks, and by Hedge-sides. The smaller wild Kind is also found in Corn-fields, and also in some other Places, but not so plentifully as the former.

Time.] The Garden Kinds are usually sown in the Spring, which then flower about the End of *May*, and somewhat earlier, if they spring of their own sowing.

The Wild Kind flower usually from *May* until *July*, and the Seed of them is ripe soon after the flowering.

Government

Government and Virtues.] The Herb is *Lunar*, and of the Juice of it is made Opium; only for Lucre of Money they cheat you, and tell you 'tis a kind of Tear, or some such like thing, that drops from Poppies when they weep, and that is somewhere beyond the Seas, I know not where beyond the Moon. The Garden Poppy Heads with Seeds made into a Syrup, is frequently, and to good Effect, used to procure Rest, and Sleep, in the Sick and Weak, and to stay Catarrhs and Defluxions of thin Rheums from the Head into the Stomach, and open the Lungs, causing a continual Cough, the fore-runner of a Consumption; it helpeth also Hoarseness of the Throat, and when one hath lost their Voice, which the Oil of the Seed doth likewise. The black Seed boiled in Wine, and drunk, is said also to stay the Flux of the Belly, and Womens Courses. The empty Shells, or Poppy-heads, are usually boiled in Water, and given to procure Rest and Sleep; so do the Leaves in the same Manner; as also if the Head and Temples be bathed with the Decoction warm, or with the Oil of Poppies, the green Leaves or Heads bruised, and applied with a little Vinegar, or made into a Poultice with Barley-meal, or Hogs-grease, cooleth and tempereth all Inflammations, as also the Disease called St. *Anthony*'s Fire. It is generally used in Treacle and Mithridate, and in all other Medicines that are made to procure Rest and Sleep, and to ease Pains in the Head as well as in other Parts. It is also used to cool Inflammations, Agues, or Frenzies, or to stay Defluxions which cause a Cough, or Consumption, and also other Fluxes of the Belly, or Womens Courses; it is also put into hollow Teeth, to ease the Pain, and hath been found by Experience to ease the Pain of the Gout.

Procure Sleep, Catarrhs, and Defluxions of Rheum, stayeth Hoarseness, Flux of the Belly, and Womens Courses, Inflammations, and St. Anthony's Fire, Pains in the Head, Frenzies, Tooth-ach.

The Wild-Poppy, or Corn-Rose (as *Matthiolus* saith) is good to prevent the Falling-sickness. The Syrup made with the Flower, is with good Effect given to those that have the Pleurisy; and the dried Flowers also, either boiled in Water, or made into Powder and drunk, either in the distilled Water

Falling-sickness Pleurisy, Surfeits, Agues, and Inflammations.

of them, or ſome other Drink, worketh the like Effect. The diſtilled Water of the Flowers is held to be of much good uſe againſt Surfeits, being drunk Evening and Morning: It is alſo more cooling than any of the other Poppies, and therefore cannot but be as effectual in hot Agues, Frenzies, and other Inflammations either inward or outward; the Syrup or Water to be uſed therein, or the green Leaves uſed outwardly either in an Ointment, as it is in *Populneon*, a cooling Ointment, or any other ways applied. *Galen* ſaith, The Seed is dangerous to be uſed inwardly.

Purſlane.

GArden Purſlane (being uſed as a Sallad Herb) is ſo well known, that it needeth no Deſcription; I ſhall therefore only ſpeak of its Virtues as followeth.

Government and Virtues.] 'Tis an Herb of the *Moon*. It is good to cool any Heat in the Liver, Blood, Reins and Stomach, and in hot Agues nothing better: It ſtayeth hot and Cholerick Fluxes of the Belly, Womens Courſes, the Whites, and Gonorrhea, or Running of the Reins, the Diſtillation from the Head, and Pains therein proceeding of Heat, want of Sleep, or the Phrenzy. The Seed is more effectual than the Herb, and is of ſingular good Uſe to cool the Heat and Sharpneſs of Urine, and the outrageous Luſt of the Body, Venereous Dreams, and the like; inſomuch that the over frequent Uſe hereof extinguiſheth the Heat and Virtue of Natural Procreation. The Seed bruiſed and boiled in Wine, and given to Children, expelleth the Worms. The Juice of the Herb is held as effectual to all the Purpoſes aforeſaid; as alſo to ſtay Vomitings, and taken with ſome Sugar or

Cooleth Heat of Blood in hot Agues, cholerick Fluxes, Womens Courſes, the Whites and Gonorrhea, Diſtillations, Frenzy, Heat of Urine, Luſt and venereous Dreams, Worms, Vomiting, old dry Cough, ſhort Breath and Ptyſick, Ulcers in the ſecret Parts, Redneſs in the Eyes and Inflammations, Crick or Pains in the Neck, Baſting by Lightning, burnings by Gunpowder, ſore Breaſts, Childrens Navels, ſore Mouth, and ſwollen Gums, faſteneth Teeth, Tooth-ach, Bloody Urine, Gout, Cramp and Stiffneſs of the Sinews.

or Honey, helpeth an old and dry Cough, ſhortneſs of Breath, and the Phthiſick, and ſtayeth immoderate Thirſt. The diſtilled Water of the Herb is uſed by many (as the more pleaſing) with a little Sugar to work the ſame Effects. The Juice alſo is ſingular good in the Inflammations and Ulcers in the Secret Parts in Man or Woman, as alſo the Bowels and Hæmorrhoids, when they are ulcerous, or Excoriations in them: The Herb bruiſed and applied to the Forehead and Temples, allays exceſſive Heat therein, that hinders Reſt and Sleep; and applied to the Eyes, taketh away the Redneſs and Inflammation in them, and thoſe other Parts where Puſhes, Wheals, Pimples, St. *Anthony*'s Fire, and the like break forth; eſpecially if a little Vinegar be put to it, and being laid to the Neck with as much of Galls and Linſeed together, taketh away the Pains therein, and the Crick in the Neck. The Juice is uſed with Oil of Roſes for the ſame Cauſes, or for Blaſting by Lightning, and Burnings by Gunpowder, or for Womens ſore Breaſts, and to allay the Heat in all other Sores or Hurts; applied alſo to the Navels of Children that ſtick forth, it helpeth them; it is alſo good for ſore Mouths and Gums that are ſwoln, and to faſten looſe Teeth. *Camerarius* ſaith, That the diſtilled Water uſed by ſome, took away the Pain of their Teeth, when all other Remedies failed, and the thickened Juice made into Pills with the Powder of Gum-Tragacanth and Arabick, being taken, prevaileth much to help thoſe that make bloody Water. Applied to the Gout, it eaſeth Pains thereof, and helpeth the Hardneſs of the Sinews, if it come not of the Cramp, or a cold Cauſe.

Prim-Roſes.

THey are ſo well known, that they need no Deſcription. Of the Leaves of Prim-Roſes is made as fine a Salve to heal Wounds as any that I know; you ſhall be taught to make Salves of any Herb at the latter End of the Book; make this as you are taught there, and do not (you that have any Ingenuity in you) ſee your poor Neighbour go with wounded Limbs when an Half-penny Coſt will heal them.

Privet.

Defcript.] OUR common Privet is carried up with many ſlender Branches to a reaſonable Height and Breadth, to cover Arbours, Bowers and Banquetting Houſes, and brought, wrought, and cut into many Forms of Men, Horſes, Birds, *&c.* which though at firſt ſupported, groweth afterwards ſtrong of itſelf. It beareth long and narrow green Leaves by the Couples, and ſweet ſmelling white Flowers in Tufts at the end of the Branches, which turn into ſmall black Berries that have a purpliſh Juice with them, and ſome Seed that are flat on the one Side, with a hole or dent therein.

Place.] It groweth in this Land in divers Woods.

Time.] Our Privet flowereth in *June* and *July*, the Berries are ripe in *Auguſt* and *September*.

Government and Virtues.] The Moon is Lady of this. It is little uſed in Phyſick with us in theſe Times, more than in Lotions, to waſh Sores, and ſore Mouths, and to cool Inflammations, and dry up Fluxes. Yet *Matthiolus* ſaith, it ſerveth to all the Uſes for the which *Cypreſs*, or the Eaſt Privet is appointed by *Dioſcorides* and *Galen*. He further ſaith, That the Oil that is made of the Flowers of Privet infuſed therein, and ſet in the Sun, is ſingular good for the Inflammations of Wounds, and for the Head-ach coming of an hot Cauſe. There is a ſweet Water alſo diſtilled from the Flowers, that is good for all thoſe Diſeaſes that need cooling and drying, and therefore helpeth all Fluxes of the Belly or Stomach, Bloody Fluxes, and Womens Courſes, being either drunk or applied; as all thoſe that void Blood at the Mouth, or any other place, and for Diſtillations of Rheum in the Eyes, eſpecially if it be uſed with *Tutia*.

Lotions to waſh ſore Mouths, Throats, cool Inflammations, dry Fluxes, Inflammatory Wounds, Head-ach, Fluxes and Womens Courſes, voiding Blood, Rheum in the Eyes.

Queen *of the* Meadows, Meadow-Sweet, *or* Mead-Sweet.

Defcript.] THE Stalks of this are reddiſh, riſing to be three Foot high, ſometimes four or five Foot, having at the Joints thereof large winged Leaves, ſtanding one above

above another at diſtances, conſiſting of many, and ſomewhat broad Leaves, ſet on each Side of a middle Rib, being hard, rough or rugged, crumpled, much like unto Elm Leaves, having alſo ſome ſmaller Leaves with them (as *Agrimony* hath) ſomewhat deeply dented about the Edges, of a ſad green Colour on the upper Side, and greyiſh underneath, of a pretty ſharp Scent and Taſte, ſomewhat like unto *Burnet*; and a Leaf hereof put into a Cup of Claret-wine, giveth alſo a fine Reliſh to it. At the Tops of the Stalks and Branches ſtand many Tufts of ſmall white Flowers thurſt thick together, which ſmell much ſweeter than the Leaves; and in their Places, being fallen, ſome crooked and cornered Seed. The Root is ſomewhat woody, and blackiſh on the Outſide, and browniſh within, with divers great Strings, and leſſer Fibres ſet thereat, of a ſtrong Scent, but nothing ſo pleaſant as the Flowers and Leaves, and periſheth not, but abideth many Years, ſhooting forth anew every Spring.

Place.] It groweth in moiſt Meadows that lie much wet, or near the Courſes of Water.

Time.] It flowereth in ſome Places or other all the three Summer Months, that is, *June*, *July*, and *Auguſt*, and the Seed is ripe ſoon after.

Government and Virtues.] *Venus* claims Dominion over the Herb. It is uſed to ſtay all Manner of Bleedings, Fluxes, Vomitings, and Womens Courſes, as alſo their Whites: It is ſaid to alter and take away the Fits of the Quartan Agues, and to make a merry Heart, for which Purpoſe ſome uſe the Flowers, and ſome the Leaves. It helpeth ſpeedily thoſe that are troubled with the Cholick; being boiled in Wine, and with a little Honey taken warm, it openeth the Belly, but boiled in Red-wine, and drunk, it ſtayeth the Flux of the Belly. Being outwardly applied, it helpeth old Ulcers that are cankerous or eaten, or hollow and fiſtulous, for which it is by many much commended, as alſo for the Sores in the Mouth or Secret Parts. The Leaves, when they are full grown, being laid upon the Skin, will in a ſhort Time raiſe Bliſters thereon, as *Tragus* ſaith. The Water thereof helpeth the Heat and Inflammation in the Eyes.

Bleeding, Fluxes, Vomitings, Quartan Agues, Womens Courſes and Whites, Cholick, opens the Belly, Old Ulcers, healeth ſore Mouths or Secrets, raiſes Bliſters, Inflammations in the Eyes.

The

The Quince-Tree.

Defcript.] *THE ordinary* Quince-Tree *groweth often to the Height and Bignefs of a reafonable Apple-Tree, but more ufually lower and crooked, with a rough Bark, fpreading Arms and Branches far abroad. The Leaves are fomewhat like thofe of the Apple-Tree, but thicker, broader, and fuller of Veins, and whiter on the under-fide, not dented at all about the Edges. The Flowers are large and white, fometimes dafhed over with a Bluft. The Fruit that followeth is yellow, being near ripe and covered with a white Freeze or Cotton; thick fet on the younger, and growing lefs as they grow to be thorough ripe, bunched out oftentimes in fome Places, fome being like an Apple, and fome a Pear, of a ftrong heady Scent, and not durable to keep, and is four, harfh, and of an unpleafant Taft to eat freft; but being fcalded, roafted, baked, or preferved, becometh more pleafant.*

Place and Time.] It beft likes to grow near Ponds and Water-fides, and is frequent through this Land; and flowereth not until the Leaves be come forth. The Fruit is ripe in *September* or *October*.

Government and Virtues.] Old *Saturn* owns the Tree. Quinces when they are green, help all Sorts of Fluxes in Man or Woman, and Cholerick Lafks, Caffing, and whatever needeth Aftriction, more than any Way prepared by Fire; yet the Syrup of the Juice or the Conferve, are much conducible, much of the binding Quality being confumed by the Fire, if a little Vinegar be added, ftirreth up the languifhing Appetite, and the Stomach given to Caffing; fome Spices being added, comforteth and ftrengtheneth the decayed and fainting Spirits, and helpeth the Liver oppreffed, that it cannot perfect the Digeftion, or correcteth Choler and Phlegm. If you would have them purging, put Honey to them inftead of Sugar; and if more laxative, for Choler, Rhubarb; for Phlegm, Turbith; for watry Humours, Scammony; but if more forcibly to bind, ufe the unripe Quinces, with Rofes and Acacia, Hypociftis, and fome torrified Rhubarb. To take the crude Juice of Quinces, is held a Preftervative againft the Force of deadly Poifon; for it hath been found moft certainly true, that the very Smell of

Fluxes, Lafks, &c. Provoketh Appetite, ftayeth Vomiting, Fainting, Spirits, Choler, Flegm, Poifon, Womens Breafts, Plague-fores, preferveth Hair.

of a Quince hath taken away all the Strength of the Poifon of White Hellebore. If there be need of any outward binding and cooling of hot Fluxes, the Oil of Quinces, or other Medicines that may be made thereof, are very available to anoint the Belly, or other Parts therewith; it likewife ftrengtheneth the Stomach and Belly, and the Sinews that are loofened by ſharp Humours falling on them, and reſtraineth immoderate Sweatings. The Mucilage taken from the Seeds of Quinces and boiled in a little Water, is very good to cool the Heat, and heal the ſore Breaſts of Women. The ſame with a little Sugar, is good to lenify the harſhneſs and hoarſeneſs of the Throat, and roughneſs of the Tongue. The Cotton or Down of Quinces boiled and applied to Plague-ſores, healeth them up, and laid as a Plaiſter, made up with Wax, it bringeth Hair to them that are bald, and keepeth it from falling, if it be ready to ſhed.

Radiſh, *or* Horſe-Radiſh.

THE Garden Radiſh is ſo well known, that it needeth no Deſcription.

Deſcription.] The *Horſe-Radiſh* hath his firſt Leaves that riſe before Winter, about a Foot and Half long, very much cut in or torn in the Edges into many Parts, of a dark green Colour, with a great Rib in the Middle; after theſe have been up a while, others follow, which are greater, rougher, broader and longer, whole, and not divided at firſt, but only ſomewhat roughly dented about the Edges; the Stalks when it beareth Flowers (which is ſeldom) is great, riſing up with ſome few leſſer Leaves thereon, to three or four Foot high, ſpreading at the Top many ſmall Branches of whitiſh Flowers, made of four Leaves a piece; after which come ſmall Pods, like thoſe of *Shepherds Purſe*, but ſeldom with any Seed in them. The Root is great, long, white, and rugged, ſhooting up divers Heads of Leaves, which may be parted for Increaſe, but it doth not creep in the Ground, nor run above Ground, and is of a ſtrong, ſharp, and bitter Taſte, almok like Muſtard.

Place.] It is found wild in ſome Places of this Land, but is chiefly planted in Gardens, where it joyeth in moiſt and ſhadowy Places.

Time.] It flowereth but ſeldom; but when it doth, it is in *July*.

Govern.

Government and Virtues.] They are both under *Mars*. The Juice of Horse-Radish given to drink, is held to be very effectual for the Scurvy. It killeth the Worms in Children, being drunk, and also laid upon the Belly. The Root bruised and laid to the Place grieved with the Sciática, Joint-ach, or the hard Swellings of the Liver and Spleen, doth wonderfully help them all. The distilled Water of the Herb and Roots, is more familiar to be taken with a little Sugar for all the Purposes aforesaid.

Scurvy, Worms, Sciatica, Liver, Spleen.

Garden-Radishes are in Wantonness by the Gentry eaten as a Sallad, but they breed but Scurvy Humours in the Stomach, and corrupt the Blood, and then send for a Physician as fast as you can; this is one Cause makes the Owners of such nice Palates so unhealthful; yet for such as are troubled with the Gravel, Stone, or Stoppage of Urine, they are good Physick if the Body be strong that takes them; you may make the Juice of the Roots into a Syrup if you please, for that Use: They purge by Urine exceedingly.

Stone, Dysury.

Rag-wort

IT is called also St. *James's-wort*, and *Stagger-wort*, and *Stammer-wort*, and *Segrum*.

Descript.] The greater common *Rag-wort*, hath many large, and long, dark, green Leaves lying on the Ground, very much rent and torn on the Sides in many Places; from among which rise up sometimes but one, and sometimes two or three square or crested blackish or browniish Stalks, three or four Foot high, sometimes branched, bearing divers such-like Leaves upon them, at several distances unto the top, where it brancheth forth into many Stalks bearing yellow Flowers, consisting of divers Leaves, set as a Pale or Border, with a dark yellow Thrum in the Middle, which do abide a great while, but at last are turned into Down, and with the small blackish grey Seed, are carried away with the Wind. The Root is made of many Fibres, whereby it is firmly fastened into the Ground, and abideth many Years.

There is another sort thereof different from the former only in this, that it riseth not so high; the Leaves are not so finely jagged, nor of so dark a green Colour, but rather somewhat whitish, soft and woolly, and the Flowers usually paler.

Place.]

Place.] They grow both of them wild in Pastures, and untilled Grounds, in many Places, and oftentimes both in one Field.

Time.] They flower in *June* and *July*, and the Seed is ripe in *August*.

Government and Virtues.] *Rag-wort* is under the Command of Dame *Venus*, and cleanseth, dissolveth and discussseth. The Decoction of the Herb is good to wash the Mouth or Throat that hath Ulcers or Sores therein; and for Swellings, Hardness, or Impostumations, for it thoroughly cleanseth and healeth them; as also the Quinsy, and the King's-Evil. It helpeth to stay Catarrhs, thin Rheums, and Defluxions from the Head into the Eyes, Nose, or Lungs. The Juice is found by Experience to be singular good to heal green Wounds, and to cleanse and heal all old and filthy Ulcers in the Privities, and in other Parts of the Body, as also inward Wounds and Ulcers; stayeth the Malignity of fretting and running Cankers, and hollow Fistula's, not suffering them to spread farther. It is also much commended to help Aches and Pains either in the fleshy Part, or in the Nerves and Sinews; as also the Sciatica, or Pain of the Hips or Huckle-bone, to bathe the Places with the Decoction of the Herb, or to anoint them with an Ointment made of the Herb, bruised and boiled in old Hogs-suet, with some Mastick and Olibanum in Powder added unto it after it is strained forth.

Sore Mouth or Throat, Swellings and Impostumes, Quinsy, and King's Evil, Catarrhs, & Defluxions, green Wounds, and Ulcers in the Privy-parts, running Cankers, and hollow Fistula's, Aches and Pains, Sciatica.

In *Sussex* we call it *Rag-weed*.

Rattle-Grass.

OF this there are two Kinds which I shall speak of, *viz.* the Red and Yellow.

Descript.] The common *Red-Rattle* hath sundry reddish, hollow Stalks, and sometimes green, rising from the Root, lying for the most Part on the Ground, some growing more upright, with many small reddish or green Leaves set on both sides of a middle Rib, finely dented about the Edges: The Flowers stand at the Tops of the Stalks and Branches, of a fine purplish red Colour like small gaping Hooks; after which

which come blackiſh Seed in ſmall Huſks, which lying looſe therein, will rattle with ſhaking. The Root conſiſts of two or three ſmall whitiſh Strings with ſome Fibres thereat.

The common *Yellow-Rattle*, hath ſeldom above one round great Stalk, riſing from the Root, about half a Yard, or two Foot high, and but few Branches thereon, having two long and ſomewhat broad Leaves ſet at a Joint, deeply cut in on the Edges, reſembling the Comb of a Cock, broadeſt next to the Stalk, and ſmaller to the End. The Flowers grow at the Tops of the Stalks, with ſome ſhorter Leaves with them, hooded after the ſame Manner that the others are, but of a fair yellow Colour, or in ſome paler, and in ſome more white. The Seed is contained in large Huſks, and being ripe, will rattle, or make a Noiſe with lying looſe in them. The Root is ſmall and ſlender, periſhing every Year.

Place.] They grow in Meadows and Woods generally through this Land.

Time.] They are in Flower from Midſummer until *Auguſt* be paſt, ſometimes.

Government and Virtues.] They are both of them under the Dominion of the *Moon*. The Red-Rattle is accounted profitable to heal up Fiſtula's and hollow Ulcers, and to ſtay the Flux of Humours to them, as alſo the abundance of Womens Courſes, or any other Flux of Blood, being boiled in Red-wine and drunk.

Fiſtula, and hollow Ulcers, Womens Courſes, Fluxes.

The Yellow-Rattle, or Cock's-comb, is held to be good for thoſe that are troubled with a Cough, or Dimneſs of Sight, if the Herb, being boiled with Beans, and ſome Honey put thereto, be drunk, or dropped into the Eyes. The whole Seed being put into the Eyes, draweth forth any Skin, Dimneſs or Film from the Sight, without Trouble or Pain.

Cough, Dim-ſight.

Reſt-Harrow, *or* Cammock.

Deſcript.] COmmon *Reſt-Harrow*, riſeth up with divers rough woody Twigs half a Yard, or a Yard high, ſet at the Joints without Order, with little roundiſh Leaves, ſometimes more than two or three at a Place, of a dark green Colour, without Thorns while they are young; but

but afterwads armed in ſundry places with ſhort and ſharp Thorns. The Flowers come forth at the tops of the Twigs and Branches, whereof it is full faſhioned like Peaſe or Broom bloſſoms, but leſſer, flatter, and ſomewhat cloſer, of a faint purpliſh Coulour; after which come ſmall Pods containing ſmall flat round Seed: The Root is blackiſh on the outſide, and whitiſh within, very rough and hard to break when it is freſh and green, and as hard as an Horn when it is dried, thruſting down deep into the Ground, and ſpreading likewiſe, every piece being apt to grow again if it be left in the Ground.

Place.] It groweth in many places of this Land, as well in the Arable as waſte Ground.

Time.] It flowereth about the beginning or middle of *July*, and the Seed is ripe in *Auguſt*.

Government and Virtues.] It is under the Dominion of *Mars*. It is ſingular good to provoke Urine when it is ſtopp'd, and to break and drive forth the Stone, which the Powder of the Bark of the Root taken in Wine performeth effectually. *Matthiolus* ſaith, The ſame helpeth the Diſeaſe call'd *Hernia Carnoſa*, the fleſhy Rupture, by taking the ſaid Powder for ſome Months together conſtantly, and that it hath cur'd ſome which ſeem'd incurable by any other Means than by cutting or burning. The Decoction thereof made with ſome Vinegar, gargled in the Mouth eaſeth the Tooth-ach, eſpecially when it comes of Rheum; and the ſaid Decoction is very powerful to open obſtructions of the Liver and Spleen, and other parts. A diſtiled Water made in *Balneo Mariæ*, with four Pounds of the Root hereof firſt ſliced ſmall, and afterwards ſteeped in a Gallon of Canary Wine, is ſingular good for all the purpoſes aforeſaid, and to cleanſe the Paſſages of the Urine. The Powder of the ſaid Root made into an Electuary, or Lozenges with Sugar, as alſo the Bark of the freſh Roots boiled tender, and afterwards beaten to a Conſerve with Sugar, worketh the like Effect. The Powder of the Roots ſtrewed uppon the brims of Ulcers, or mixed with any other convenient thing and applied, conſumeth the hardneſs, and cauſeth them to heal the better.

Urine ſtopp'd, Stone, fleſhy Ruptures, Tooth-ach, Liver and Spleen, obſtructed Ulcers.

Rocket

IN regard the Garden Rocket is rather us'd as a Sallad-Herb, than to any Phyfical Purpofes, I fhall omit it, and only fpeak of the common wild Rocket; The Defcription whereof take as followoth,

Defcipt.] *The common wild Rocket hath longer and narower Leaves, much more divided into ſlender Cuts and Jags on both ſides the middle Rib, than the Garden kinds have, of a ſad over-worn green Colour, from among which riſe up divers Stalks two or three Foot high, ſometimes ſet with the like Leaves, but ſmaller and ſmaller upwards, branched from the middle into divers ſtiff Stalks, bearing ſundry yellow Flowers on them, made of four Leave, apiece, as the other are, which afterwards yeild them ſmall reddiſh Seed, in ſmall long Pods of a more bitter and hot biting Taſte than the Garden kinds, as the Leaves are alſo.*

Place.] It is found wild in divers places of this Land.

Time.] It flowereth about *June* or *July*, and the Seed is ripe in *Auguſt*.

Government and Virtues.] The wild Rockets are forbidden to be us'd alone, in regard their Sharpneſs fumeth into the Head, cauſing Ach and Pain therein, and are leſs hurtful to hot and cholerick Perſons, for fear of inflaming their Blood, and therefore for ſuch we may ſay a little doth but a little harm, for angry *Mars* rules them, and he ſometimes will be teſty when he meets with Fools. The wild Rocket is more ſtrong and effectual to increaſe Sperm and Venereous Qualities, whereunto all the Seed is more effectual than the Garden kinds; it ſerveth alſo to help Digeſtion and provoketh Urine exceedingly. The Seed is uſed to cure the Biting of Serpents, the Scorpion and the Shrew-Mouſe, and other Poiſons, and expelleth Worms, and other noiſome Creatures that breed in the Belly. The Herb boiled or ſtewed, and ſome Sugar put thereto, helpeth the Cough in Children, being taken often. The Seed alſo taken in Drink, taketh away the ill Scent of the Arm-pits, increaſeth Milk in Nurſes, and waſteth the Spleen. The Seed mixed with Honey, and uſed on the Face, cleanſeth the Skin from Morphew, and other Diſcolourings therein; and

Increaſe Sperm and Venery, helps Digeſtion, provokes Urine, biting of Serpent, &c. Cough in Children, increaſeth Milk, cleanſeth the Face, Scars, Marks of ſmall Pox.

and uſed with Vinegar, taketh away Freckles and Redneſs in the Face, or other Parts; and with the Gall of an Ox it mendeth foul Scars, black and blue Spots, and the Marks of the Small-pox.

Winter-Rocket, *or* Creſſes.

Deſcript.] WInter-Rocket, *or* Winter-Creſſes, *hath divers ſomewhat large ſad green Leaves lying upon the Ground, torn or cut in divers Parts, ſomewhat like unto Rocket or Turnip-Leaves, with ſmaller Pieces next the Bottom, and broad at the Ends, which ſo abide all the Winter (if it ſpring up in Autumn, when it is uſed to be eaten) from among which riſe up divers ſmall round Stalks, full of Branches, bearing many ſmall yellow Flowers of four Leaves a-piece, after which come ſmall Pods, with reddiſh Seed in them. The Root is ſomewhat ſtringy, and periſheth every Year after the Seed is ripe.*

Place.] It groweth of its own Accord in Gardens and Fields, by the Way-ſides, in divers Places; and particularly in the next Paſture to the Conduit-head behind *Gray's-Inn*, that brings Water to Mr. *Lamb's* Conduit in *Holbourn*.

Time.] It flowereth in *May*, and ſeedeth in *June*, and then periſheth.

Government and Virtues.] This is profitable to provoke Urine, and helpeth Strangury, and to expel Gravel and the Stone. It is alſo of good Effect in the Scurvy. It is found by Experience to be a ſingular good Wound-herb, to cleanſe inward Wounds; the Juice or Decoction being drank, or outwardly applied to waſh foul Ulcers and Sores, cleanſing them by ſharpneſs, and hindering or abating the dead Fleſh from growing therein, and healing them by the drying Quality.

Strangury, Gravel and Stone, Scurvy, Wounds, Ulcers and Sores.

Roſes.

I Hold it altogether needleſs to trouble the Reader with a Deſcription of any of theſe, ſince both the Garden-Roſes, and the wild Roſes of the Briars are well enough known; take therefore the Virtue of them as followeth: And firſt I ſhall begin with the Garden-kinds.

Government and Virtues.] What a Pother have Authors made with Roſes? What a Racket have they kept? I ſhall add, Red Roſes are under *Jupiter*, Damaſk under *Venus*,

and White under the *Moon*, and *Provence* under the King of *France*. The White and Red Rofes are cooling and drying, and yet the White is taken to exceed the Red in both the Properties, but is feldom ufed inwardly in any Medicine: The Bitternefs in the Rofes when they are freh, efpecially the Juice, purgeth Choler, and watry Humours; but being dried, and that Heat which caufed the Bitternefs being confumed, they have then a binding and aftringent Quality: Thofe alfo that are not full blown, do both cool and bind more than thofe that are full blown, and the White Rofe more than the Red. The Decoction of Red Rofes made with Wine and ufed, is very good for the Head-ach, and Pains in the Eyes, Ears, Throat and Gums; as alfo for the Fundament, the lower parts of the Belly and the Matrix, being bathed or put into them. The fame Decoction with the Rofes remaining in it, is profitably applied to the Region of the Heart to eafe the Inflammation therein; as alfo St. *Anthony*'s Fire, and other Diseafes of the Stomach. Being dried and beaten to Powder, and taken in fteeled Wine or Water, it helpeth to ftay Womens Courfes. The yellow Threads in the Middle of the Rofes (which are erroneoufly called the Rofe Seed) being powdered and drunk in the Diftilled Water of Quinces, ftayeth the Overflowing of Womens Courfes, and doth wonderfully ftay the Defluxions of Rheum upon the Gums and Teeth, preferving them from Corruption, and faftening them if they be loofe, being waffhed and gargled therewith, and fome Vinegar of Squills added thereto. The Heads with the Seed being ufed in Powder, or in a Decoction, ftayeth the Lafk and Spitting of Blood. Red Rofes do ftrengthen the Heart, the Stomach and the Liver, and the retentive Faculty: They mitigate the Pains that arife from Heat, affuage Inflammations, procure Reft and Sleep, ftay both Whites and Reds in Women, the Gonorrhea, or Running of the Reins, and Fluxes of the Belly; the Juice of them doth purge and cleanfe

Choler and wateriſh Humours. Head-ach. Pains in the Ears, Eyes, Throat and Gums. Fundament, Bowels and Matrix. St. Anthony's Fire. Stomach. Womens Courſes. Defluxions. Faſteneth Teeth. Laſk. Spitting of Blood. Heat and Inflammations. Reſt, and Sleep. Whites and Reds in Women. Choler and Phlegm. Redneſs and Watering in the Eyes.

cleanſe the Body from Choler and Phlegm. The Huſks of the Roſes, with the Beards and Nails of the Roſes, are binding and cooling, and the diſtilled Water of either of them is good for the Heat and Redneſs in the Eyes, and to ſtay and dry up the Rheums and watering of them. Of the Red Roſes are uſually made many Compoſitions, all ſerving to ſundry good Uſes, *viz.* Electuary of Roſes, Conſerve, both moiſt and dry, which is more uſually called Sugar of Roſes, Syrup of dried Roſes, and Honey of Roſes. The Cordial Powder called *Diarrhodon Abbatis*, and *Aromatica Roſarum*. The diſtilled Water of Roſes, Vinegar of Roſes, Ointment, and Oil of Roſes, and the Roſe Leaves dried, which, altho' no Compoſition, yet are of very great Uſe and Effect. To write at large of every one of theſe, would make my Book ſwell too big, it being ſufficient for a Volume of itſelf, to ſpeak fully of them. But briefly, the Electuary is purging, whereof two or three Drachms taken by itſelf in ſome convenient Liquor, is a Purge ſufficient for a weak Conſtitution; but may be increaſed to ſix Drachms, according to the Strength of the Patient. It purgeth Choler without Trouble, and it is good in hot Fevers, and Pains of the Head ariſing from hot cholerick Humours, and Heat in the Eyes, the Jaundice alſo, and Joint-aches proceeding of hot Humours. The moiſt Conſerve is of much Uſe, both binding and Cordial; for until it be about Two Years old, it is more binding than Cordial, and after that, more Cordial than Binding. Some of the younger Conſerve taken with *Mithridate* mixed together, is good for thoſe that are troubled with Diſtillations of Rheum from the Brain to the Noſe; and Defluxion of Rheum into the Eyes; as alſo for Fluxes and Laſks of the Belly; and being mixed with the Powder of Maſtick, is very good for the Running of the Reins, and for the Looſeneſs of Humours in the Body. The

A Purge for Choler. hot Fevers. Pains of the Head. Heat of the Eyes. Jaundice and Joint aches. Diſtillations and Defluxions of Rheum. Fluxes and Lasks. Running of the Reins. Faintings. Swoonings and Tremblings of the Heart. Helpeth Digeſtion. Stayeth Caſting. Infection. Cooleth the Liver and Blood. Reſiſteth Putrefaction and Infection. Sore Mouths Throat, &c. Comforts the Heart and Stomach. ſtays Vomitings. Faint Spirits. redneſs of the Eyes.

old Conferve mixed with *Aromaticum Rofatum*, is a very good Cordial againft Faintings, Swoonings, Weakneſs and Tremblings of the Heart, ſtrengthens both it and a weak Stomach, helpeth Digeſtion, ſtayeth Caſting, and is a very good Preſervative in the Time of Infection. The dry Conſerve, which is called Sugar of Roſes, is a very good Cordial to ſtrengthen the Heart and Spirits; as alſo to ſtay Defluxions. The Syrup of dried Red Roſes ſtrengthens a Stomach given to Caſting, cooleth an over-heated Liver, and the Blood in Agues, comforteth the Heart, and reſiſteth Putrefaction and Infection, and helpeth to ſtay Laſks and Fluxes. Honey of Roſes is much uſed in Gargles and Lotions to waſh Sores, either in the Mouth, Throat, or other Parts, both to cleanſe and heal them, and to ſtay the Fluxes of Humours falling upon them. It is alſo uſed in Clyſters both to cool and cleanſe. The Cordial Powders, called *Diarrhodon Abbatis* and *Aromatica Roſarum*, do comfort and ſtrengthen the Heart and Stomach, procure an Appetite, help Digeſtion, ſtay vomiting; and are very good for thoſe that have ſlippery Bowels, to ſtrengthen them, and to dry up their Moiſture: Red Roſe-water is well known, and of a familiar Uſe on all Occaſions, and better than Damaſk Roſe-water; being cooling and cordial, refreſhing, quickening the weak and faint Spirits, uſed either in Meats or Broths, to waſh the Temples, to ſmell at the Noſe, or to ſmell the ſweet Vapours thereof out of a Perfuming Pot, or caſt into a hot Fire-ſhovel. It is alſo of much good Uſe againſt the Redneſs and Inflammations of the Eyes to bathe them therewith, and the Temples of the Head; as alſo againſt Pain and Ach, for which Purpoſe alſo Vinegar of Roſes is of much good Uſe, and to procure Reſt and Sleep, if ſome thereof, and Roſe-water together, be uſed to ſmell unto, or the Noſe and Temples moiſtened therewith, but more uſually to moiſten a Piece of a Red-Roſe Cake, cut for the Purpoſe, and heated between a double folded Cloth, with a little beaten Nutmeg, and Poppy-Seed ſtrewed on the Side that muſt lie next to the Forehead and Temples, and bound ſo thereto for all Night.

Procure Sleep.

The Ointment of Roſes is much uſed againſt Heat and Inflammations in the Head, to anoint the Forehead and Temples, and being mixt with *Unguentum Populneon*, to procure

Heat of the Liver, Back, and Reins, Puſhes, Wheals and Pimples, Fluxes of Humours.

procure Reſt; as it is alſo uſed for the Heat of the Liver, the Back and Reins, and to cool and heal Puſhes, Wheals, and other red Pimples riſing in the Face or other Parts. Oil of Roſes is not only uſed by itſelf to cool any hot Swellings or Inflammations, and to bind and ſtay Fluxes of Humours unto Sores, but is alſo put into Ointments and Plaiſters that are cooling, and binding, and reſtraining the Flux of Humours. The dried Leaves of the Red Roſes are uſed both inwardly and outwardly, both cooling, binding, and cordial, for with them are made both *Aromaticum Roſatum*, *Diarrhodon Abbatis*, and *Saccharum Roſarum*, each of whoſe Properties are before declared. Roſe Leaves and Mint, heated and applied outwardly to the Stomach, ſtay Caſtings, and very much ſtrengthen a weak Stomach; and applied as a Fomentation to the Region of the Liver and Heart, do much cool and temper them, and alſo ſerve inſtead of a Roſe-Cake (as is ſaid before) to quiet the over-hot Spirits, and cauſe Reſt and Sleep. The Syrup of Damaſk-Roſes is both Simple and Compound, and made with Agarick. The ſimple ſolutive Syrup is a familiar, ſafe, gentle and eaſy Medicine, purging Choler, taken from one Ounce to three or four; yet this is remarkable herein, that the diſtilled Water of this Syrup ſhould notably bind the Belly. The Syrup with Agarick is more ſtrong and effectual, for one Ounce thereof by itſelf will open the Body more than the other, and worketh as much on Phlegm as Choler. The Compound Syrup is more forcible in working on melancholick Humours. And available againſt the Leproſy, Itch, Tetters, *&c.* and the *French* Diſeaſe: Alſo Honey of Roſes ſolutive is made of the ſame Infuſions that the Syrup is made of, and therefore worketh the ſame Effect, both Opening and Purging; but is oftener given to Phlegmatick than Cholerick Perſons, and is more uſed in Clyſters than in Potions, as the Syrup made with Sugar is. The Conſerve and Preſerved Leaves of thoſe Roſes are alſo operative in gently opening the Belly.

Weak Stomach. Purgeth Choler. Bind the Belly. Melancholick Humours. Leproſy. Itch. Tetters. French-pox. Open the Belly.

The Simple Water of the Damaſk Roſes is chiefly uſed for Fumes to ſweeten Things, as the dried Leaves thereof to make ſweet Powders, and fill ſweet Bags; and little Uſe

they are put to in Phyfick, although they have fome Purging Quality; the wild Rofes alfo are few or none of them ufed in Phyfick, but are generally held to come near the Nature of the manured Rofes. The Fruit of the Wild Briar, which are called Hips, being thoroughly ripe, and made into a Conferve with Sugar, befides the Pleafantnefs of the Tafte, doth gently bind the Belly, and ftay Defluxions from the Head upon the Stomach, drying up the Moifture thereof, and helpeth Digeftion. The Pulp of the Hips dried into a hard Confiftence, like to the Juice of Liquorifh, or fo dried that it may be made into Powder and taken in Drink, ftayeth fpeedily the Whites in Women. The Briar Ball is often ufed, being made into Powder and drunk, to break the Stone, to provoke Urine when it is ftopped, and to eafe and help the Cholick; fome appoint it to be burnt, and then taken for the fame Purpofe. In the Middle of the Balls are often found certain white Worms, which being dried and made into Powder, and fome of it drunk, is found by Experience of many to kill and drive forth the Worms of the Belly.

Bind the Belly, and ftay Defluxions. Whites in Women. Stone. Provokes Urine. Cholick. Worms.

Rofa Solis, *or* Sun-dew.

Defcript.] IT hath divers fmall, round, hollow Leaves fomewhat greenifh, but full of certain red Hairs, which make them feem red, every one ftanding upon his own Footftalks, reddifh, hairy likewife. The Leaves are continually moift in the hotteft Day, yea, the hotter the Sun fhines on them, the moifter they are, with a Slimineſs that will rope (as we fay) the fmall Hairs always holding this Moifture. Among theſe Leaves rife up ſlender Stalks, reddiſh alſo, three or four Fingers high, bearing divers ſmall white Knobs one above another, which are Flowers; after which, in the Heads are contained ſmall Seeds. The Root is a few ſmall Hairs.

Place.] It groweth uſually in Bogs and in wet Places, and ſometimes in moiſt Woods.

Time.] It flowereth in *June*, and then the Leaves are fitteſt to be gathered.

Government and Virtues.] The *Sun* rules it, and it is under the Sign *Cancer*. *Roſa Solis* is accounted good to help thoſe that have a ſalt Rheum diſtilling on the Lungs, which breedeth

breedeth a Consumption, and therefore the distilled Water thereof in Wine is held fit and profitable for such to drink; which Water will be of a good yellow Colour. The same Water is held to be good for all other Diseases of the Lungs, as Phthisicks, Wheesings, Shortness of Breath, or the Cough; as also to heal the Ulcers that happen in the Lungs; and it comforteth the Heart and fainting Spirits. The Leaves outwardly applied to the Skin, will raise Blisters, which hath caused some to think it dangerous to be taken inwardly; but there are other Things which will also draw Blisters, yet nothing dangerous to be taken inwardly. There is an usual Drink made thereof with *Aqua Vitæ* and Spices frequently, and without any Offence or Danger, but to good Purpose used in Qualms and Passions of the Heart.

Distillations of Rheum. Phthisick. wheesings. shortness of Breath. Cough. Ulcers in the Lungs. Comforts the Heart. Raises Blisters. Passions of the Heart.

Rosemary.

OUR Garden Rosemary is so well known, that I need not describe it.

Time.] It flowereth in *April* and *May* with us, sometimes again in *August*.

Government and Virtues.] The *Sun* claims Privilege in it, and it is under the celestial *Ram*. It is an Herb of as great Use with us in these Days as any whatsoever, not only for physical but civil Purposes. The physical Use of it (being my present Task) is very much both for inward and outward Diseases; for by the warming and comforting Heat thereof it helpeth all cold Diseases both of the Head, Stomach, Liver and Belly. The Decoction thereof in Wine, helpeth the cold Distillations of Rheums into the Eyes, and all other cold Diseases of the Head and Brain, as the Giddiness or Swimmings therein, Drowsiness or Dulness of the Mind and Senses like a Stupidness, the dumb Palsy, or Loss of Speech, the Lethargy,

Cold Diseases. Rheum. Swimmings of the Head. Drowsiness. Stupidity. Dumb Palsy. Lethargy & Falling-sickness. Toothach. Stinking Breath. Weak Memory. Stomach. Retention of Meat. Wind. Liver-grown. Dim Sight. Yellow Jaundice. Pestilence. Whites in Women. Cough.

Phthiſick or Conſumption. Benumb'd Joints. Spots, and Scars in the Skin.

and Falling-Sickneſs, to be both drank, and the Temples bathed therewith. It helpeth the Pains in the Gums and Teeth, by Rheum falling into them, not by Putrefaction, cauſing an evil Smell from them, or a ſtinking Breath. It helpeth a weak Memory, and quickeneth the Senſes. 'Tis very comfortable to the Stomach in all the cold Griefs thereof, helpeth both Retention of Meat, and Digeſtion, the Decoction or Powder being taken in Wine. It is a Remedy for the Windineſs in the Stomach and Bowels, and expels it powerfully; as alſo Wind in the Spleen. It helpeth thoſe that are Livergrown, by opening the Obſtructions thereof. It helpeth dim Eyes, and procureth a clear Sight, the Flowers thereof being taken all the while it is flowering, every Morning faſting, with Bread and Salt. Both *Dioſcorides* and *Galen* ſay, That if a Decoction be made thereof with Water, and they that have the Yellow-Jaundice do exerciſe their Bodies preſently after the taking thereof, it will certainly cure them. The Flowers, and Conſerve made of them, are ſingular good to comfort the Heart, and to expel the Contagion of the Peſtilence; to burn the Herb in Houſes and Chambers, correcteth the Air in them. Both the Flowers and the Leaves are very profitable for Women that are troubled with the Whites, if they be daily taken. The dried Leaves ſhred ſmall, and taken in a Pipe, as Tobacco is taken, helpeth thoſe that have any Cough, or Phthiſick, or Conſumption, by warming and drying the thin Diſtillations which cauſe thoſe Diſeaſes. The Leaves are very much uſed in Bathings; and made into Ointments, or Oil, are ſingular good to help cold benumbed Joints, Sinews, or Members. The Chymical Oil drawn from the Leaves and Flowers is a ſovereign Help for all Diſeaſes aforeſaid, to touch the Temples and Noſtrils with two or three Drops for all the Diſeaſes of the Head and Brain ſpoken of before; as alſo to take one Drop, two or three, as the Caſe requireth, for the inward Griefs: yet muſt it be done with Diſcretion, for it is very quick and piercing, and therefore but a very little muſt be taken at a Time. There is alſo another Oil made by Inſolation in this manner: Take what Quantity you will of the Flowers, and put them into a ſtrong Glaſs cloſe ſtopped, tye a fine Linnen-cloth over the

the Mouth, and turn the Mouth down into another ſtrong Glaſs, which being ſet in the Sun, an Oil will diſtil down into the lower Glaſs, to be preſerved as precious for divers Uſes, both inward and outward, as a ſovereign Balm to heal the Diſeaſes before mentioned, to clear Dim-ſights, and take away Spots, Marks, and Scars in the Skin.

Rhubarb, *or* Rhapontick.

DO not ſtart, and ſay, this grows you know not how far off; and then aſk me, How it comes to paſs that I bring it among our *Engliſh Simples?* For though the Name may ſpeak it foreign, yet it grows with us in *England*; and that frequent enough in our Gardens, and when you have thoroughly purſued its Virtues, you will conclude it nothing inferior to that which is brought out of *China*; and by that Time this hath been as much uſed as that hath been, the Name which the other hath gotten will be eclipſed by the Fame of this; take therefore a Deſcription at large of it as followeth:

Deſcript.] At the firſt appearing out of the Ground, when the Winter is paſt, it hath a great round browniſh Head, riſing from the Middle or Sides of the Root, which openeth itſelf into ſundry Leaves one after another, very much crumpled, or folded together at the firſt, and browniſh; but afterwards it ſpreadeth itſelf, and becometh ſmooth, very large and almoſt round, every one ſtanding on a browniſh Stalk of the Thickneſs of a Man's Thumb, when they are grown to their Fulneſs, and moſt of them two Foot and more in Length, eſpecially when they grow in any moiſt or good Ground; and the Stalk of the Leaf alſo from the Bottom thereof to the Leaf itſelf, being alſo two Foot; the Breadth thereof from Edge to Edge in the broadeſt Place, being alſo two Foot; of a ſad or dark green Colour, of a fine tart or ſouriſh Taſte, much more pleaſant than the Garden or Wood Sorrel. From among theſe riſeth up ſome, but not every Year, ſtrong thick Stalks, not growing ſo high as the Patience, or Garden-Dock, with ſuch round Leaves as grow below, but ſmaller at every Joint up to the Top, and among the Flowers, which are white, ſpreading forth into many Branches, and conſiſting of five or ſix ſmall Leaves a piece, hardly to be diſcerned from the white Threads in the middle, and ſeeming to be all Threads; after which come browniſh three ſquare Seeds, like unto other Docks, but larger, whereby it may be plainly known to be a Dock. The

Root grows in Time to be very great, with divers and ſundry great ſpreading Branches from it, of a dark browniſh or reddiſh Colour on the Outſide, with a pale yellow Skin under it, which covereth the inner Subſtance or Root, which Rind and Skin being parted away, the Root appears of ſo freſh and lively a Colour, with freſh coloured Veins running through it, that the choiceſt of that Rhubarb that is brought us from beyond the Seas cannot excel it; which Root, if it be dried carefully, and as it ought (which muſt be in our Country by the gentle Heat of a Fire, in regard the Sun is not hot enough here to do it, and every Piece kept from touching one another) will hold its Colour almoſt as well as when it is freſh, and hath been approved of, and commended by thoſe who have oftentimes uſed them.

Place.] It groweth in Gardens, and flowereth about the beginning or middle of *June*, and the Seed is ripe in *July*.

Time.] The Roots that are to be dried and kept all the Year following, are not to be taken up before the Stalk and Leaves be quite withered and gone, and that is not until the middle or end of *October*; and if they be taken a little before the Leaves do ſpring, or when they are ſprung up, the Roots will not have half ſo good a Colour in them.

I have given the Precedence unto this, becauſe in Virtues alſo it hath the Preheminence; I come now to deſcribe unto you that which is called *Patience*, or *Monk's Rhubarb*; and next unto that, the great round-leaved *Dock*, or *Baſtard-Rhubarb*; for the one of theſe may happily ſupply in the Abſence of the other, being not much unlike in their Virtues, only one more powerful and efficacious than the other. And laſtly, ſhall ſhew you the Virtues of all the three Sorts.

Garden-Patience, *or* Monk's Rhubarb.

Deſcript.] THIS is a Dock bearing the Name of Rhubarb, for ſome purging Quality therein, and groweth up with large tall Stalks, ſet with ſomewhat broad and long fair green Leaves, not dented at all. The Tops of the Stalks being divided into many ſmall Branches, bear reddiſh or purpliſh Flowers, and three-ſquare Seed like unto other Docks. The Root is long, great and yellow, like unto the Wild Docks, but a little redder, and if it be a

little

little dried, ſheweth leſs Store of diſcoloured Veins than the next doth when it is dry.

Great round leaved Dock, *or* Baſtard Rhubarb.

Deſcript.] THIS hath divers large, round, thin, yellowiſh-green Leaves riſing from the Root, a little waved about the Edges, every one ſtanding upon a reaſonable thick, and long browniſh Foot-ſtalk, from among which riſeth up a pretty big Stalk, about two Foot high, with ſome ſuch like Leaves growing thereon, but ſmaller; at the Top whereof ſtand in a long Spike many ſmall browniſh Flowers, which turn into a hard three-ſquare ſhining brown Seed, like the Garden-Patience before deſcribed. The Root groweth greater than that, with many Branches of great Fibres thereat, yellow on the Outſide, and ſomewhat pale; yellow within, with ſome diſcoloured Veins like to the Rhubarb which is firſt deſcribed, but much leſs than it, eſpecially when it is dry.

Place and Time.] Theſe alſo grow in Gardens, and flower and ſeed at or near the ſame Time that our true Rhubarb doth, *viz.* they flower in *June*, and the Seed is ripe in *July*.

Temperature and Virtues.] *Mars* claims Predominancy over all theſe wholeſome Herbs: You cry out upon him for an Infortunate, when God created him for your Good (only he is angry with Fools.) What Diſhonour is this, not to *Mars*, but to God himſelf? A Drachm of the dried Root of Monk's Rhubarb, with a Scruple of Ginger made into Powder, and taken faſting in a Draught or Meſs of warm Broth, purgeth Choler and Phlegm downwards very gently and ſafely, without Danger. The Seed thereof contrary doth bind the Belly, and helpeth to ſtay any Sort of Laſks or Bloody-Flux. The diſtilled Water thereof is very profitably uſed to heal Scabs; alſo foul ulcerous Sores, and to lay the Inflammation of them; the Juice of the Leaves or Roots, or the Decoction of them in Vinegar is uſed as a moſt effectual Remedy to heal Scabs and running Sores.

Purge Choler and Phlegm, ſtay Lasks and bloody Flux, Scabs and ulcerous Sores, running Sores.

The Baſtard Rhubarb hath all the Properties of the Monk's Rhubarb, but more effectual for both inward and outward Diſeaſes. The Decoction thereof without Vinegar

dropped

Pains of the Ears. Tooth-ach. Jaundice. Pain of the Stomach, and Loathing of Meat. King's-Evil. Stone. Urine. Dim-Sight. Liver and Blood.

dropped into the Ears, taketh away the Pains; gargled in the Mouth, taketh away the Tooth-ach, and being drank, healeth the Jaundice, The Seed thereof taken eaſeth the gnawing and griping Pains of the Stomach, and taketh away the loathing thereof unto Meat. The Root thereof helpeth the Ruggedneſs of the Nails, and being boiled in Wine helpeth the Swelling of the Throat, commonly called the King's-Evil; as alſo the Swellings of the Kernels of the Ears. It helpeth them that are troubled with the Stone; provoketh Urine, and helpeth the Dimneſs of the Sight. The Roots of this Baſtard Rhubarb are uſed in opening and purging Diet-drinks, with other Things to open the Liver, and to cleanſe and cool the Blood.

The Properties of that which is called the *Engliſh* Rhubarb, are the ſame with the former, but much more effectual, and hath all the Properties of the true *Italian* Rhubarbs, except the Force in Purging, wherein it is but of half the Strength thereof, and therefore a double Quantity muſt be uſed; it likewiſe hath not that Bitterneſs and Aſtriction; in other Things it worketh almoſt in an equal Quantity, which are theſe. It purgeth the Body of Choler and Phlegm, being either taken of itſelf, made into Powder, and drank in a Draught of White-wine, or ſteeped therein all Night, and taken faſting, or put among other Purges, as ſhall be thought convenient, cleanſing the Stomach, Liver, and Blood, opening Obſtructions and helping thoſe Griefs that come thereof; as the Jaundice, Dropſy, Swelling of the Spleen, Tertian and Daily Agues, and pricking Pains of the Sides; and alſo it ſtayeth Spitting of Blood. The Powder taken with *Caſſia* diſſolved, and waſhed *Venice Turpentine*, cleanſeth the Reins, and ſtrengtheneth them afterwards, and is very effectual to ſtay the Running of the Reins, or Gonorrhea.

Choler & Phlegm, Obſtructions. Jaundice. Dropſy. Spleen. Agues. Pains of the Sides, & ſpitting of Blood. running of the Reins Swellings of the Head. Sciatica. Gout. Cramp. clotted Blood. Ulcers in the Eyes, or Eyelids. Swellings, and Inflammations. Black and blue Spots. Purge the Liver and Stomach.

rhea. It is also given for the Pains and Swellings in the Head, for those that are troubled with Melancholy, and helpeth the Sciatica, the Gout, and the Cramp. The Powder of the Rhubarb taken with a little *Mumpia* and *Madder* Roots in some Red Wine, dissolveth clotted Blood in the Body, happening by any Fall or Bruise, and healeth Burstings and broken Parts, as well inward as outward. The Oil likewise wherein it hath been boiled, worketh the like Effects, being anointed. It is used to heal those Ulcers that happen in the Eyes and Eyelids, being steeped and strained; as also to assuage the Swellings and Inflammations; and applied with Honey, or boiled in Wine, it taketh away all blue Spots or Marks that happen therein. Whey or White-wine are the best Liquors to steep it in, and thereby it worketh more effectually in opening Obstructions, and purging the Stomach and Liver. Many do use a little *Indian* Spikenard as the best Corrector thereof.

Meadow-Rue.

Description.] *Meadow-Rue* riseth up with a yellow stringy Root, much spreading in the Ground, shooting forth new Sprouts round about, with many herby green Stalks two Foot high, crested all the length of them, set with Joints here and there, and many large Leaves on them, above as well as below, being divided into smaller Leaves, nicked or dented in the Fore-part of them, of a Red-green Colour on the upper Side, and pale-green underneath: Toward the Top of the Stalk there shooteth forth divers short Branches, on every one whereof stand two, three, or four small Heads, or Buttons, which breaketh the Skin that incloseth them, shooting forth a Tuft of a pale greenish yellow Thread, which falling away, there comes in their Places small three-cornered Cods, wherein is contained small, long and round Seed. The whole Plant hath a strong unpleasant Scent.

Place.] It groweth in many Places of this Land, in the Borders of moist Meadows, and Ditch-sides.

Time.] It flowereth about *July*, or the beginning of *August*.

Government and Virtues.] *Dioscorides* saith, That this Herb bruised and applied, perfectly healeth old Sores, and the

distilled

Old Sores, opens the Body, Lice and Vermin, Plague, Jaundice.

diftilled Water of the Herb, and Flowers doth the like. It is ufed by fome among other Pot-herbs to open the Body, and make it foluble; but the Roots waſhed clean, and boiled in Ale, and drunk, provoke to ſtool more than the Leaves, but yet very gently. The Root boiled in Water, and the Places of the Body moſt troubled with Vermin and Lice waſhed therewith while it is warm, deſtroyeth them utterly. In *Italy* it is uſed againſt the Plague, and in *Saxony* againſt the Jaundice, as *Camerarius* ſaith.

Garden-Rue.

GArden-Rue is ſo well known both by this Name, and the Name *Herb of Grace*, that I ſhall not need to write any further Deſcription of it, but ſhall only ſhew you the Virtue of it, as followeth.

Government and Virtues.] It is an Herb of the *Sun*, and under *Leo*. It provoketh Urine and Womens Courſes, being taken either in Meat or Drink. The Seed thereof taken in Wine, is an Antidote againſt all dangerous Medicines or deadly Poiſons. The Leaves taken either by themſelves, or with Figs and Walnuts, is called *Mithridates's* Counter-poiſon againſt the Plague, and cauſeth all venomous Things to become harmleſs; being often taken in Meat and Drink, it abateth Venery, and deſtroyeth the Ability to get Children. A Decoction made thereof with ſome dried Dill-Leaves and Flowers, eaſeth all Pains and Torments, inwardly to be drunk, and outwardly to be applied warm to the Place grieved. The ſame being drunk, helpeth the Pains both of the Cheſt and Sides, as alſo Coughs and Hardneſs of Breathing, the Inflammations of the Lungs, and the tormenting Pains of the Sciatica, and the Joints being anointed, or laid to the Places; as alſo the ſhaking Fits of Agues, to take a Draught before the

Womens Courſes, Urine, Poiſons, Plague, abate Venery, Pains in the Cheſt and Sides, Cough, Head, Breathing, Sciatica and Joint-aches, Agues, Wind-Cholick, Mother, Worms, Gout, Dropſy, Bleeding, Swelling of the Cods, Wheals and Pimples, Morphew and Warts, Scab, Tetters and Ring-worm, Pains of the Ears, Dim Sight, St. Anthony's Fire, running Sores of the Head, Ulcers of the Noſe, Anti-

the

the Fit comes; being boiled or infused in Oil, it is good to help the Wind-Cholick, the Hardness and Windiness of the Mother, and freeth Women from the Strangling or Suffocation thereof, if the Share and the Parts thereabouts be anointed therewith: It killeth and driveth forth the Worms of the Belly, if it be drunk after it is boiled in Wine to the half, with a little Honey; it helpeth the Gout or Pains in the Joints, Hands, Feet, or Knees, applied thereunto; and with Figs it helpeth the Dropsy, being bathed therewith: Being bruised and put into the Nostrils, it stayeth the bleeding thereof; it helpeth the Swelling of the Cods, if they be bathed with a Decoction of Rue and Bay-Leaves. It taketh away Wheals and Pimples, if being bruised with a few Myrtle-Leaves, it be made up with Wax, and applied. It cureth the Morphew, and taketh away all Sorts of Warts, if boiled in Wine with some Pepper and Nitre, and the Place rubbed therewith, and with Alom and Honey, helpeth the dry Scabs, or any Tetter or Ring-worm. The Juice thereof warmed in a Pomegranate Shell or Rind, and dropped into the Ears, helpeth the Pains of them. The Juice of it and Fennel, with a little Honey, and the Gall of a Cock put thereunto, helpeth the Dimness of the Eye-sight. An Ointment made of the Juice thereof with Oil of Roses, Cerusse, and a little Vinegar, and anointed, cureth St. *Anthony*'s Fire, and all running Sores in the Head; and the stinking Ulcers of the Nose, or other Parts. The Antidote used by *Mithridates*, every Morning fasting, to secure himself from any Poison or Infection, was this: Take twenty Leaves of Rue, a little Salt, a Couple of Walnuts, and a couple of Figs beaten together into a Mass, with twenty Juniper-Berries, which is the Quantity appointed for every Day. Another Electuary is made thus: Take of Nitre, Pepper, and Cummin-seed, of each equal Parts; of the Leaves of Rue clean picked, as much in Weight as all the other three weighed; beat them well together, and put as much Honey as will make it up into an Electuary (but you must first steep your Cummin-seed in Vinegar twenty-four Hours, and then dry it, or rather roast it in a hot Fire-shovel, or in an Oven) and is a Remedy for the Pains or Griefs in the Chest or Stomach; of the Spleen, Belly, or Sides,

dote, Pains of the Chest, Stomach, Spleen, Belly.

by

Obſtructions. by Wind or Stitches; of the Liver by Obſtructions; of the Reins and Bladder by the ſtopping of Urine; and helpeth alſo to extenuate fat corpulent Bodies. What an Infamy is caſt upon the Aſhes of *Mithridates*, or *Methridates* (as the *Auguſtins* read his Name) by unworthy People! They that deſerve no good Report themſelves, love to give none to others, *viz.* That renowned King of *Pontus* fortified his Body by Poiſon againſt Poiſon. *(He caſt out Devils by* Belzebub, *Prince of the Devils.)* What a Sot is he that knows not if he had accuſtomed his Body to cold Poiſons, hot Poiſons would have diſpatched him? on the contrary, if not, Corroſions would have done it. The whole World is at this preſent Time beholden to him for his Studies in Phyſick, and he that uſeth the Quantity but of an Hazel-Nut of that Receipt every Morning, to which his Name is adjoined, ſhall to Admiration preſerve his Body in Health, if he do but conſider that Rue is an Herb of the Sun, and under *Leo*, and gather it and the reſt accordingly.

Rupture-wort.

Deſcript.] THIS ſpreads very many thready Branches round about upon the Ground, about a Span long, divided into many other ſmaller Parts full of ſmall Joints ſet very thick together, whereat come forth two very ſmall Leaves of a *French* yellow, green-coloured Branches and all, where groweth forth alſo a Number of exceeding ſmall yellowiſh Flowers, ſcarce to be diſcerned from the Stalks and Leaves, which turn into Seeds as ſmall as the very Duſt. The Root is very long and ſmall, thruſting down deep into the Ground. This hath neither Smell nor Taſte at firſt, but afterwards hath a little aſtringent Taſte, without any manifeſt Heat, yet a little bitter and ſharp withal.

Place.] It groweth in dry, ſandy and rocky Places.

Time.] It is freſh and green all the Summer.

Government and Virtues.] They ſay *Saturn* cauſes Ruptures; if he do, he doth no more than he can cure; if you want Wit, he will teach you, tho' to your Coſt. This Herb is *Saturn*'s own, and is a noble Antivenerean. *Rupture-wort* hath not its Name is vain; for it is found by *Ruptures.* Experience to cure the Rupture, not only in Children but alſo in elder Perſons, if the Diſ-

eafe be not too inveterate, by taking a Dram of the Powder of the dried Herb every Day in Wine, for certain Days together. Or the Decoction made of the Wine and drank. Or the Juice or diftilled Water of the green Herb, taken in the fame manner, and helpeth all other Fluxes either of Man or Woman; Vomitings alfo, and the Gonorrhea or Running of the Reins, being taken any of the Ways aforefaid. It doth alfo moft aflfuredly help thofe that have the Strangury, or have their Urine ftopped, or are troubled with the Stone or Gravel in the Reins or Bladder. The fame alfo helpeth much all Stitches in the Sides, all griping Pains of the Stomach or Belly, the Obftructions of the Liver, and cureth the Yellow-Jaundice; likewife it kills alfo the Worms in Children. Being outwardly applied, it conglutinateth Wounds notably, and helpeth much to ftay Defluxions of Rheum from the Head to the Eyes, Nofe and Teeth, being bruifed green, and bound thereto. Or the Decoction of the dried Herb, to bathe the Forehead, or Temples, or the Nape of the Neck behind. It alfo drieth up the Moifture of fiftulous Ulcers, or any other that are foul and fpreading.

Fluxes, Running of the Reins, Strangury, Stone or Gravel, Stitches, Yellow Jaundice, Worms, Wounds, Defluxions, foul Ulcers.

Ruflhes.

ALthough there are many kinds of Ruflhes, yet I fhall only here infift upon thofe which are beft known, and moft medicinal; as the Bulruflhes, and other of the foft and fmooth Kinds, which grow fo commonly in almoft every Part of this Land, and are fo generally noted, that I fuppofe it needlefs to trouble you with any Defcription of them: Briefly then take the Virtues of them as followeth.

Government and Virtues.] The Seed of the foft Ruflhes, faith *Dioficorides* and *Galen*, (toafted, faith *Pliny*) being drank in Wine and Water, ftayeth the Lafk and Womens Courfes, when they come down too abundantly; but it caufeth Headach: It provoketh Sleep likewife, but muft be given with Caution. The Root boiled in Water, to the Confumption of one Third, helpeth the Cough.

Thus

Thus you ſee that Conveniencies have their Inconveniencies, and Virtue is ſeldom unaccompanied with ſome Vices. What I have written concerning *Ruſhes*, is to ſatisfy my Countrymens Queſtions; *Are our Ruſhes good for nothing?* Yes, and as good let them alone as taken. There are Remedies enough without them for any Diſeaſe, and therefore, as the Proverb is, I care not a *Ruſh* for them; or rather, they will do you as much Good as if one had given you a *Ruſh*.

Rye.

THIS is ſo well known in all the Counties of this Land, and eſpecially to the Country People, who feed much thereon, that if I did deſcribe it, they would preſently ſay, I might well have ſpared that Labour. Its Virtues follow.

Government and Virtues.] Rye is more digeſting than Wheat; the Bread and the Leaven thereof ripeneth and breaketh Impoſthumes, Boils, and other Swellings: The Meal of Rye put between a double Cloth, and moiſtened with a little Vinegar, and heated in a Pewter Diſh, ſet over a Chafing diſh of Coals, and bound faſt to the Head while it is hot, doth much eaſe the continual Pains of the Head. *Matthiolus* ſaith, That the Aſhes of Rye-ſtraw put into Water, and ſteeped therein a Day and a Night, and the Chops of the Hands or Feet waſhed therewith, doth heal them.

Impoſthumes, Boils and Swellings, Pains of the Head, Chops of the Hands or Feet.

Saffron.

THE Herb needs no Deſcription, it being known generally where it grows.

Place.] It grows frequently at *Walden* in *Eſſex*, and in *Cambridgeſhire*.

Government and Virtues.] It is an Herb of the *Sun*, and under the *Lion*, and therefore you need not demand a Reaſon why it ſtrengthens the Heart ſo exceedingly. Let not above ten Grains be given at one time; for if the Sun, which is the Fountain of Light,

Heart ſtrengthens, Brain, Conſumption of the Lungs, Peſtilence, Small-Pox,

Light, may dazzle the Eyes and make them blind, a Cordial being taken in an immoderate Quantity, hurt the Heart inſtead of helping it. *Meaſles, Yellow-jaundice, Phlegm purgeth.* It quickeneth the Brain, for the Sun is exalted in *Aries*, as well as he hath his Houſe in *Leo:* It helps Conſumption of the Lungs, and Difficulty of breathing: It is excellent in Epidemical Diſeaſes, as Peſtilence, Small-pox, and Meaſles. It is a notable expulſive Medicine, and a notable Remedy for the Yellow-Jaundice. My Opinion is, (but I have no Author for it) that Hermodactyls are nothing elſe but the Roots of Saffron dried; and my Reaſon is, that the Roots of all Crocus, both white and yellow, purge Phlegm as Hermodactyls do; and if you pleaſe to dry the Roots of any Crocus, neither your Eyes nor your Taſte ſhall diſtinguiſh them from Hermodactyls.

Sage.

OUR ordinary Garden Sage needeth no Deſcription.

Time.] It flowereth in or about *July.*

Government and Virtues.] *Jupiter* claims this, and bids me tell you, it is good for the Liver, and to breed Blood. A Decoction of the Leaves and Branches of Sage made and drunk, ſaith *Dioſcorides*, provoketh Urine, bringing down Womens Courſes, helps to expel the dead Child, and cauſeth the Hair to become black. It ſtayeth the bleeding of Wounds, and cleanſeth foul Ulcers or Sores. The ſaid Decoction made in Wine, taketh away the Itching of the Cods, if they be bathed therewith. *Agrippa* ſaith, that if Women that cannot conceive by reaſon of the moiſt Slipperineſs of their Wombs, ſhall take a Quantity of the Juice of Sage, with a little Salt, for four Days before they company with their Huſbands, it will help them not only to conceive, but alſo to retain the Birth without miſcarrying. *Orpheus* ſaith,

Provoke Urine, Womens Courſes, expels the dead Child, and After-birth, Head and Joints, ſtanch Bleeding, cleanſe Ulcers and Sores, Itching of the Cods, help Conception, and hinder Miſcarriage, ſpitting Blood, Conſumptions, Pains of the Head, Falling ſickneſs, Lethargy, Dulneſs of Spirit, Palſy, Defluxions of Rheum, Impoſthume behind the Ears, Hoarſeneſs and Cough, Bloody-flux, biting of Serpents, Worms in the Ears, or Sores, quicken the

Senses, help Memory, sore Mouths, and Throats, Cankers, Palsies, Cramp, Stitch in the Side.

faith, Three Spoonfuls of the Juice of Sage taken fasting, with a little Honey, doth presently stay the spitting or casting up of Blood of them that are in a Consumption. These Pills are much commended; Take of Spikenard, Ginger, of each two Drams; of the Seed of Sage toasted at the Fire, eight Drams; of Long-pepper 12 Drams; all these being brought into fine Powder, put thereto so much Juice of Sage as may make them into a Mass for Pills, taking a Dram of them every Morning fasting, and so likewise at Night, drinking a little pure Water after them. *Matthiolus* faith, it is very profitable for all manner of Pains in the Head coming of Cold and Rheumatick Humours; as also for all Pains of the Joints, whether inwardly or outwardly, and therefore helpeth the Falling-sickness, the Lethargy, such as are dull and heavy of Spirit, the Palsy; and is of much Use in all Defluxions of Rheum from the Head, and for the Diseases of the Chest or Breast. The Leaves of Sage and Nettles bruised together, and laid upon the Impostume that riseth behind the Ears, doth assuage it much. The Juice of Sage taken in warm Water, helpeth a Hoarseness and a Cough. The Leaves sodden in Wine, and laid upon the Place affected with the Palsy, helpeth much, if the Decoction be drank: Also Sage taken with Wormwood is good for the Bloody-Flux. *Pliny* saith, it procures Womens Courses, and stayeth them coming down too fast; helpeth the stinging and biting of Serpents, and killeth the Worms that breed in the Ears and in Sores. Sage is of excellent Use to help the Memory, warming and quickening the Senses; and the Conserve made of the Flowers is used to the same Purpose, and also for all the former recited Diseases. The Juice of Sage drank with Vinegar, hath been of good Use in Time of the Plague at all Times. Gargles likewise are made with Sage, Rosemary, Honey-suckles, and Plantane, boiled in Wine or Water, with some Honey or Allum put thereto, to wash sore Mouths and Throats, Cankers, or the secret Part of Man or Woman, as need requireth. And with other hot and comfortable Herbs, Sage is boiled to bathe the Body and the Legs in the Summer Time, especially to warm cold Joints or Sinews, troubled with the Palsy and

and Cramp, and to comfort and ſtrengthen the Parts. It is much commended againſt the Stitch, or Pains in the Side coming of Wind, if the Place be fomented warm with the Decoction thereof in Wine, and the Herb alſo after boiling be laid warm thereunto.

Wood-Sage.

Deſcription.] WOod-*Sage* riſeth up with ſquare hoary Stalks, two Foot high at the leaſt, with two Leaves ſet at every Joint, ſomewhat like other Sage-leaves, but ſmaller, ſofter, whiter, and rounder, and a little dented about the Edges, and ſmelling ſomewhat ſtronger. At the Tops of the Stalks and Branches ſtand the Flowers, on a ſlender like Spike, turning themſelves all one Way when they blow, and are of a pale and whitiſh Colour, ſmaller than Sage, but hooded and gaping like unto them. The Seed is blackiſh and round; four uſually ſeem in a Huſk together; the Root is long and ſtringy, with divers Fibres thereat, and abideth many Years.

Place.] It groweth in Woods, and by Wood-ſides; as alſo in divers Fields and By-lanes in the Land.

Time.] It flowereth in *June*, *July* and *Auguſt*.

Government and Virtues.] The Herb is under *Venus*. The Decoction of the Wood-Sage provoketh Urine and Womens Courſes: It alſo provoketh Sweat, digeſteth Humours, and diſcuſſeth Swellings and Nodes in the Fleſh, and is therefore thought to be good againſt the *French-pox*. The Decoction of the green Herb, made with Wine, is a ſafe and ſure Remedy for thoſe who, by Falls, Bruiſes, or Blows, ſuſpect ſome Vein to be inwardly broken, to diſperſe and void the congealed Blood, and to conſolidate the Veins. It is alſo good for ſuch as are inwardly or outwardly burſten, the Drink uſed inwardly, and the Herb uſed outwardly. The ſame uſed in the ſame Manner, is found to be a ſure Remedy for the Palſy. The Juice of the Herb, or the Powder thereof dried, is good for moiſt Ulcers and Sores in the Legs, or other Parts, to dry them, and cauſe them to heal more ſpeedily. It is no leſs

Provokes Urine and Womens Courſes, Sweat, Swellings in the Fleſh, French *Pox, Vein broken, Burſtenneſs, Palſy, Ulcers and Sores, green Wounds.*

effectual

effectual alſo in green Wounds, to be uſed upon any Occaſion.

Solomon's Seal.

Deſcript.] THE common *Solomon's Seal* riſeth up with a round Stalk half a Yard high, bowing or bending down to the Ground, ſet with ſingle Leaves one above another, ſomewhat large, and like the Leaves of the Lily-Convally, or May-Lily, with an Eye of blueiſh upon the Green, with ſome Ribs therein, and more yellowiſh underneath. At the Foot of every Leaf, almoſt from the Bottom up to the Top of the Stalk, come forth ſmall, long, white and hollow pendulous Flowers, ſomewhat like the Flowers of May-Lily, but ending in five long Points, for the moſt Part two together, at the End of a long Foot-ſtalk, and ſometimes but one, and ſometimes alſo two Stalks, with Flowers at the Foot of a Leaf, which are without any Scent at all, and ſtand on one Side of the Stalk. After they are paſt, come in their Places ſmall round Berries, great at the firſt, and blackiſh green, tending to Blueneſs when they are ripe, wherein lie ſmall, white, hard, and ſtony Seeds. The Root is of the Thickneſs of one's Finger or Thumb, white and knotted in ſome Places, a flat round Circle repreſenting a Seal, whereof it took the Name, lying along under the upper Cruſt of the Earth, and not growing downward, but with many Fibres underneath.

Place.] It is frequent in divers Places of this Land; as, namely, in a Wood two Miles from *Canterbury*, by *Fiſh-Pool Hill*, as alſo in *Buſhy-Cloſe* belonging to the Parſonage of *Alderbury*, near *Clarendon*, two Miles from *Salisbury*, in *Cheſſon* Wood, on *Cheſſon Hill*, between *Newington* and *Sittingbourn* in *Kent*, and divers other Places in *Eſſex*, and other Counties.

Time.] It flowereth about *May:* The Root abideth and ſhooteth anew every Year.

Government and Virtues.] *Saturn* owns the Plant, for he loves his Bones well. The Root of *Solomon's Seal* is found by Experience to be available in wounds, Hurts, and outward Sores, to heal and cloſe up the Lips of thoſe that are green, and to dry up and reſtrain the Flux of Humours to thoſe that are old. It is ſingularly good to ſtay Vomitings and Bleeding where-

Wounds and Sores. Vomitting and Bleeding. Fluxes. Running of the Reins. Knit Joints, and broken Bones in Man and Beaſt. Ruptures. Bruiſes and Falls. Black and blue Marks. Beautify the Face.

whereſoever, as alſo all Fluxes in Man or Woman, whether Whites or Reds in Women, or the Running of the Reins in Men; alſo to knit any Joint, which by Weakneſs uſeth to be often out of Place, or will not ſtay in long when it is ſet; alſo to knit and join broken Bones in any Part of the Body, the Roots being bruiſed and applied to the Place; yea, it hath been found by late Experience, that the Decoction of the Root in Wine, or the bruiſed Root put into Wine or other Drink, and after a Night's Infuſion, ſtrained forth hard and drunk, hath helped both Man and Beaſt, whoſe Bones had been broken by any Occaſion, which is the moſt aſſured Refuge of Help to People of divers Counties of the Land that they can have: It is no leſs effectual to help Ruptures and Burſtings, the Decoction in Wine, or the Powder in Broth or Drink, being inwardly taken, and outwardly applied to the Place. The ſame is alſo available for inward or outward Bruiſes, Falls, or Blows, both to diſpel the congealed Blood, and to take away both the Pains and the black and blue Marks that abide after the Hurt. The ſame alſo, the diſtilled Water of the whole Plant, uſed to the Face, or other Parts of the Skin, cleanſeth it from Morphew, Freckles, Spots, or Marks whatſoever, leaving the Place freſh, fair, and lovely; for which Purpoſe it is much uſed by the *Italian* Dames.

Samphire.

Deſcription.] ROCK *Samphire* groweth up with a tender green Stalk about half a Yard, or two Foot high at the moſt, branching forth almoſt from the very Bottom, and ſtored with ſundry thick and almoſt round (ſomewhat long) Leaves, of a deep green Colour, ſometimes two together, and ſometimes more on a Stalk, and ſappy, and of a pleaſant, hot, and ſpicy Taſte. At the Top of the Stalks and Branches ſtand Umbels of white Flowers, and after them come large Seed bigger than Fennel-ſeed, yet ſomewhat like it. The Root is great, white, and long, continuing many Years, and is of an hot ſpicy Taſte likewiſe.

Place.] It groweth on the Rocks that are often moiſtened at the leaſt, if not over-flowed with the Sea Water.

Time.]

Time.] And it flowereth and ſeedeth in the End of *July* and *Auguſt*.

Government and Virtues.] It is an Herb of *Jupiter*, and was in former Times wont to be uſed more than now it is; the more is the Pity. It is well known almoſt to every body, that ill Digeſtions and Obſtructions are the Cauſe of moſt of the Diſeaſes which the frail Nature of Man is ſubject to; both which might be remedied by a more frequent Uſe of this Herb. If People would have Sauce to their Meat, they may take ſome for Profit as well as for Pleaſure. It is a ſafe Herb, very pleaſant both to Taſte and Stomach, helping Digeſtion, and in ſome ſort opening Obſtructions of the Liver and Spleen; provoketh Urine and helpeth thereby to waſh away the Gravel and Stone engendered in the Kidneys or Bladder.

Helps Digeſtion, opens Obſtructions, provokes Urine, expels Gravel and the Stone.

Sanicle.

Deſcript.] ORdinary *Sanicle* ſendeth forth many great round Leaves, ſtanding upon long browniſh Stalks, every one ſomewhat deeply cut or divided into five or ſix Parts, and ſome of theſe alſo cut in ſomewhat like the Leaf of Crow's-foot, or Dove's-foot, and finely dented about the Edges, ſmooth, and of a dark ſhining Colour, and ſometimes reddiſh about the Brims; from among which ariſe up ſmall, round green Stalks, without any Joint or Leaf thereon, ſaving at the Top, where it branches forth into Flowers, having a Leaf divided into three or four Parts at that Joint with the Flowers, which are ſmall and white, ſtarting out of ſmall round, greeniſh yellow Heads, many ſtanding together in a Tuft, in which afterwards are the Seeds contained, which are ſmall round Burs, ſomewhat like the Leaves of Cleavers, and ſtick in the ſame manner upon any thing that they touch. The Root is compoſed of many blackiſh Strings or Fibres, ſet together at a little long Head, which abideth with green Leaves all the Winter, and periſheth not.

Place.] It is found in many ſhadowy Woods, and other Places of this Land.

Time.] It flowereth in *June*, and the Seed is ripe ſhortly after.

Govern-

Government and Virtues.] This is one of *Venus*'s Herbs, to cure either Wounds, or what other Mifchief *Mars* inflicteth upon the Body of Man. It is exceeding good to heal all green Wounds fpeedily, or any Ulcers, Impofthumes, or Bleedings inwardly. It doth wonderfully help thofe that have any Tumours in any Part of their Bodies; for it repreffeth and diffipateth the Humours, if the Decoction or Juice thereof be taken, or the Powder in Drink, and the Juice ufed outwardly; for there is not found any Herb that can give fuch prefent Help, either to Man or Beaft, when the Difeafe falleth upon the Lungs or Throat, and to heal up putrid malignant Ulcers in the Mouth, Throat, and Privities, by gargling or waffhing with the Decoction of the Leaves and Root made in Water, and a little Honey put thereto. It helpeth to ftay Womens Courfes, and all other Fluxes of Blood, either by the Mouth, Urine, or Stool, and Lafks of the Belly; the Ulcerations of the Kidneys alfo, and the Pains in the Bowels, and Gonorrhea, or Running of the Reins, being boiled in Wine or Water, and drunk. The fame alfo is no lefs powerful to help any Ruptures or Burftings, ufed both inwardly and outwardly: And briefly, it is as effectual in binding, reftraining, confolidating, heating, drying, and healing, as Comfrey, Bugle, Self-heal, or any other of the Confounds or Vulnerary Herbs whatfoever.

Green Wounds, Ulcers, Impofthumes, inward Bleedings, Swellings, Ulcers in the Mouth, Throat, and Privities, Womens courfes, Fluxes of Blood, Lasks, Ulcers in the Kidneys, Runningof the Reins, ruptures.

Saracens Confound, *or* Saracens Wound-wort.

Defcript. THIS groweth high fometimes, with browniſh ſtalks, and otherwhiles with green, and hollow to a Man's Height, having narrow green Leaves fnipped about the Edges, fomewhat like thofe of the Peach-tree, or Willow-leaves, but not of fuch a white-green Colour. The Tops of the Stalks are furnifhed with many yellow ſtar-like Flowers, ſtanding in green Heads, which when they are fallen, and the Seed ripe, which is fomewhat long, fmall, and of a brown Colour, wrapped in Down, is therewith carried away with the Wind. The Root is compofed of Fibres fet together at a Head, which perifheth not in Winter, altho' the Stalks dry away, and no Leaf appeareth in the Winter. The Taſte hereof is ſtrong and unpleaſant; and ſo is the Smell alſo.

Place.] It groweth in moist and wet Grounds, by Wood-sides, and sometimes in the moist Places of shady Groves, as also by the Water-side.

Time.] It flowereth in *July*, and the Seed is soon ripe, and carried away with the Wind.

Government and Virtues.] *Saturn* owns the Herb, and it is of a sober Condition, like him. Among the *Germans*, this Wound Herb is preferred before all others of the same Quality. Being boiled in Wine, and drunk, it helpeth the Indisposition of the Liver, and freeth the Gall from Obstructions; whereby it is good for the Yellow Jaundice, and for the Dropsy in the Beginning of it; for all inward Ulcers of the Reins, or elsewhere, and inward Wounds and Bruises: And being steeped in Wine, and then distilled, the Water thereof drunk is singularly good to ease all Gnawings in the Stomach, or other Pains of the Body, as also the Pains of the Mother: And being boiled in Water, it helpeth continual Agues; and this said Water, or the simple Water of the Herb distilled, or the Juice or Decoction, are very effectual to heal any green Wound, or old Sore or Ulcer whatsoever, cleansing them from Corruption, and quickly healing them up. It is no less effectual for the Ulcers in the Mouth or Throat, be they never so foul or stinking, by washing or gargling them therewith; and likewise for such Sores as happen in the Privy-Parts of Men or Women: Briefly, whatsoever hath been said of Bugle or Sanicle, may be found herein.

Obstructions, Yellow jaundice, Dropsy, Ulcers of the Reins, inward Wounds, Bruises, Pains in the Body, Mother, Agues, green Wounds, Sores, or Ulcers; Ulcers in the Mouth or Throat, Sores in the Privy Parts.

Sawce alone, *or* Jack by the Hedge-Side.

Descript.] THE lower Leaves of this are rounder than those that grow towards the Tops of the Stalks, and are set singly on a Joint, being somewhat round and broad, pointed at the ends, dented also about the edges, somewhat resembling Nettle-leaves for the form, but of a fresher green Colour, not rough or pricking: The Flowers are white, growing at the Top of the Stalks one above another, which being past, follow small long round Pods, wherein are contained round Seed somewhat blackish. The Root stringy and thready

perisheth

periſheth every Year after it hath given Seed, and raiſeth itſelf again of its own ſowing. The Plant, or any Part thereof, being bruiſed, ſmelleth of Garlick, but more pleaſantly, and taſteth ſomewhat hot and ſharp, almoſt like unto Rocket.

Place.] It groweth under Walls, and by Hedge-ſides, and Path-ways in Fields in many Places.

Time.] It flowereth in *June*, *July* and *Auguſt*.

Government and Virtues.] It is an Herb of *Mercury*. This is eaten by many Country People as Sauce to their Salt-Fiſh, and helpeth well to digeſt the Crudities and other corrupt Humours engendered thereby: It warmeth alſo the Stomach, and cauſeth Digeſtion: The Juice thereof boiled with Honey, is accounted to be as good as Hedge-Muſtard for the Cough, to cut and expectorate the tough Phlegm. The Seed bruiſed and boiled in Wine is a ſingularly good Remedy for the Wind-Cholick, or the Stone, being drunk warm: It is alſo given to Women troubled with the Mother, both to drink, and the Seed put into a Cloth, and applied while it is warm, is of ſingular good Uſe. The Leaves alſo, or the Seed boiled, is good to be uſed in Clyſters to eaſe the Pains of the Stone. The green Leaves are held to be good to heal the Ulcers in the Legs.

Helps Digeſtion, Cough, tough Phlegm, Wind, Cholick, Stones, Ulcers in the Legs.

Winter *and* Summer Savory.

BOTH theſe are ſo well known (being entertained as conſtant Inhabitants in our Gardens) that they need no Deſcription.

Government and Virtues.] *Mercury* claims the Dominion over this Herb, neither is there a better Remedy againſt the Cholick and Iliac Paſſion, than this Herb; keep it dry by you all the Year, if you love yourſelf and your Eaſe, and 'tis a hundred Pound to a Penny if you do not; keep it dry, make Conſerves and Syrups of it for your Uſe; and withal, take notice that the Summer kind is the beſt. They are both of them hot

Cholick, iliac paſſion, expelleth Wind, Mother, provokes Urine and Womens Courſes, tough Phlegm, Lethargy, dull Sight, ſinging in the Ears and Deafneſs, Sciatica and Palſy, ſtinging of Bees, &c.

hot and dry, eſpecially the Summer-kind, which is both ſharp and quick in Taſte, expelling Wind in the Stomach and Bowels, and is a preſent Help for the Riſing of the Mother procured by Wind; provoketh Urine and Womens Courſes, and is much commended for Women with Child to take inwardly, and to ſmell often unto. It cureth tough Phlegm in the Cheſt and Lungs, and helpeth to expectorate it the more eaſily; quickens the dull Spirits in the Lethargy, the Juice thereof being ſnuffed, or caſt up into the Noſtrils. The Juice dropped into the Eyes, cleareth a dull Sight, if it proceed of thin cold Humours diſtilled from the Brain. The Juice heated with Oil of Roſes, and dropped into the Ears, eaſeth them of the Noiſe and Singing in them, and of Deafneſs alſo: Outwardly applied with Wheat-flour, in manner of a Poultice, it giveth Eaſe to the Sciatica and Palſied Members, heating and warming them; and taketh away their Pains. It alſo taketh away the Pain that comes by ſtinging of Bees, Waſps, &c.

Savine.

TO deſcribe a Plant ſo well known is needleſs, it being nurſed up almoſt in every Garden, and abiding green all the Winter.

Government and Virtues.] It is under the Dominion of *Mars*, being hot and dry in the third Degree, and being of exceeding clean Parts, is of a very digeſting Quality. If you dry the Herb into Powder, and mix it with Honey, it is an excellent Remedy to cleanſe old filthy Ulcers and Fiſtula's; but it hinders them from healing. The ſame is excellent good to break Carbuncles and Plague ſores; alſo helpeth the King's-evil, being applied to the Place. Being ſpread over a Piece of Leather, and applied to the Navel, kills the Worms in the Belly, helps Scabs and Itch, Running ſores, Cankers, Tetters, and Ring-worms; and being applied to the Place, may haply cure Venereal Sores. This I thought good to ſpeak of, as it may be ſafely uſed outwardly; for inwardly it cannot be taken without manifeſt Danger.

Ulcers cleanſeth, Fiſtula's, Carbuncles, Plague-ſores, King's evil, worms, Scabs, Itch, Running-ſores, Cankers, Tetters, Ring-worms, Venereal Sores.

The

The common White Saxifrage.

Deſcript.] THIS hath a few ſmall reddiſh Kernels of Roots, covered with ſome Skins, lying among divers ſmall blackiſh Fibres, which ſend forth divers round, faint or yellow green Leaves, and greyiſh underneath, lying above the Ground, unevenly dented about the Edges, and ſomewhat hairy, every one upon a little Foot-ſtalk; from whence riſeth up a round, browniſh, hairy, green Stalk, two or three Foot high, with a few ſuch like round Leaves as grow below, but ſmaller, and ſomewhat branched at the Top, whereon ſtand pretty large white Flowers of five Leaves a-piece, with ſome yellow Threads in the middle, ſtanding in a long creſted, browniſh, green Huſk. After the Flowers are paſt, there ariſeth ſometimes a round hard Head, forked at the Top, wherein is contained ſmall blackiſh Seed, but uſually they fall away without any Seed; and it is the Kernels or Grains of the Root which are uſually called the White Saxifrage Seed, and ſo uſed.

Place.] It groweth in many Places of our Land, as well in the lowermoſt, as in the upper dry Corners of Meadows, and graſſy ſandy Places: It uſed to grow near *Lamb's Conduit*, on the Backſide of *Gray's-Inn*.

Time.] It flowereth in *May*, and then gathered, as well for that which is called the Seed, as to diſtil, for it quickly periſheth down to the Ground when any hot weather comes.

Government and Virtues.] It is very effectual to cleanſe the Reins and Bladder, and to diſſolve the Stone engendered in them, and to expel it and the Gravel by Urine; to provoke Urine, being ſtopped, and to help the Strangury; for which Purpoſe the Decoction of the Herb or Roots in White-Wine, is moſt uſual, or the Powder of the ſmall kernelly Root, which is called the Seed, taken in White-Wine, or in the ſame Decoction made with White-Wine, is moſt uſual. The diſtilled Water of the whole Herb, Root and Flowers, is moſt familiar to be taken. It provoketh alſo Womens Courſes, and freeth and cleanſeth the Stomach and Lungs from thick and tough Phlegm that trouble them. There are not many better Medicines to break the Stone than this.

Cleanſeth the Reins. Stone. Gravel. Provokes Urine. Womens Courſes. Tough Phlegm.

Burnet-Saxifrage.

Deſcript.] THE greater ſort of our *Engliſh* Burnet Saxifrage groweth up with divers long Stalks of winged Leaves ſet directly oppoſite one to another on both Sides, each being ſomewhat broad, and a little pointed and dented about the Edges of a ſad green Colour. At the top of the Stalks ſtand Umbels of white Flowers; after which come ſmall and blackiſh Seed. The Root is long and whitiſh, abiding long. Our leſſer Burnet Saxifrage hath much finer Leaves than the former, and very ſmall, and ſet one againſt another deeply jagged about the Edges, and of the ſame Colour as the former. The Umbels of the flowers are white, and the Seed very ſmall, and ſo is the Root, being alſo ſomewhat hot and quick in Taſte.

Place.] Theſe grow in moiſt Meadows of this Land, and are eaſy to be found, being well ſought for among the Graſs, wherein many Times they lie hid ſcarcely to be diſcerned.

Time.] They flower about *July*, and their Seed is ripe in *Auguſt*.

Government and Virtues.] They are both of them Herbs of the *Moon*. The Saxifrages are as hot as Pepper; and *Tragus* ſaith, by his Experience, that they are wholeſome. They have the ſame Properties the Parſleys have, but in provoking Urine, and eaſing the Pains hereof, and of the Wind and Cholick, are much more effectual, the Roots or Seed being uſed either in Powder, or in Decoction, or any other Way; and likewiſe helpeth the windy Pains of the Mother, and to procure their Courſes, and to break and void the Stone in the Kidneys, to digeſt cold, viſcous and tough Phlegm in the Stomach, and is an eſpecial Remedy againſt all Kind of Venom. Caſtoreum being boiled in the diſtilled Water thereof is ſingular good to be given to thoſe that are troubled with Cramps and Convulſions. Some do uſe to make the Seeds into Comfits (as they do Carraway-Seeds) which is effectual to all the Purpoſes aforeſaid. The Juice of the Herb dropped into the moſt grievous Wounds of the Head drieth up their Moiſture, and healeth

Provoke Urine. eaſe Wind and Cholick. Mother. Womens Courſes. Stone. tough Phlegm. Venom. Cramps and Convulſions. Wounds in the Head.

healeth them quickly. Some Women uſe the diſtilled Water to take away Freckles, or Spots in the Skin or Face; and to drink the ſame ſweetened with Sugar for all the Purpoſes aforeſaid.

Scabious, three Sorts.

Deſcript.] COmmon Field Scabious groweth up with many hairy, ſoft, whitiſh green Leaves, ſome whereof are very little, if at all jagged on the Edges, others very much rent and torn on the Sides, and have Threads in them, which upon breaking may be plainly ſeen; from among which riſe up divers hairy green Stalks, three or four Foot high, with ſuch like hairy green Leaves on them, but more deeply and finely divided, branched forth a little: At the Tops thereof, which are naked and bare of Leaves for a good Space, ſtand round Heads of Flowers of a pale, blueiſh Colour, ſet together in a Head, the outermoſt whereof are larger than the inward, with many Threads alſo in the middle, ſomewhat flat at the Top, as the Head with Seed is likewiſe; the Root is great, white and thick, growing down deep into the Ground, and abideth many Years.

There is another Sort of Field Scabious different in nothing from the former, but only it is ſmaller in all Reſpects.

The Corn Scabious differeth little from the firſt, but that it is greater in all Reſpects, and the Flowers more inclining to Purple; and the Root creepeth under the upper Cruſt of the Earth, and runneth not deep into the Ground as the firſt doth.

Place.] The firſt groweth more uſually in Meadows, eſpecially about *London* every where.

The ſecond in ſome of the dry Fields about this City, but not ſo plentifully as the former.

The third in ſtanding Corn, or fallow Fields, and the Borders of ſuch like Fields.

Time.] They flower in *June* and *July*, and ſome abide flowering until it be late in *Auguſt*, and the Seed is ripe in the mean time.

There are many other Sorts of Scabious; but I take theſe which I have here deſcribed to be moſt familiar with us: The Virtues of both theſe, and the reſt being much alike, take them as followeth.

Government and Virtues.] *Mercury* owns the Plant. *Scabious*

is very effectual for all Sorts of Coughs, Shortneſs of Breath, and all other Diſeaſes of the Breaſt and Lungs, ripening and digeſting cold Phlegm and other tough Humours, voideth them forth by coughing and ſpitting: It ripeneth alſo all Sorts of inward Ulcers and Impoſthumes; Pleuriſy alſo, if the Decoction of the Herb dry or green be made in Wine and drunk for ſome time together. Four Ounces of the clarified Juice of Scabious taken in the Morning faſting with a Drachm of Mithridate, or Venice-Treacle, freeth the Heart from any Infection of Peſtilence, if after the taking of it, the Party ſweat two Hours in Bed, and this Medicine be again and again repeated if need require. The green Herb bruiſed and applied to any Carbuncle or Plague-ſore, is found by certain Experience to diſſolve and break it in three Hours Space. The ſame Decoction alſo drunk helpeth the Pains and Stitches in the Sides. The Decoction of the Roots taken for forty Days together, or a Drachm of the Powder of them taken at a Time in Whey, doth (as *Matthiolus* ſaith) wonderfully help thoſe that are troubled with running or ſpreading Scabs, Tetters, Ring-worms, yea, although they proceed from the *French* Pox, which, he ſaith, he hath tried by Experience. The Juice or Decoction drunk, helpeth alſo Scabs and Breakings-out of the Itch, and the like. The Juice alſo made up into an Ointment and uſed is effectual for the ſame Purpoſe. The ſame alſo healeth all inward Wounds by the drying, cleanſing, and healing Quality therein. And a Syrup made of the Juice and Sugar, is very effectual to all the Purpoſes aforeſaid, and ſo is the diſtilled Water of the Herb and Flowers made in due Seaſon eſpecially to be uſed when the green Herb is not in force to be taken. The Decoction of the Herb and Roots outwardly applied, doth wonderfully help all Sorts of hard or cold Swellings in any Part of the Body, and is as effectual for any ſhrunk

Cough and Shortneſs of Breath. Cold Phlegm. Inward Ulcers and Impoſthumes. Pleuriſy. Infection. Carbuncles or Plague-ſores. Pains or ſtitches in the ſide. Scabs. tetters. ring worms. Itch. Inward Wounds. cold Swellings. ſhrunk Sinews. Freckles and Pimples Morphew and Leproſy. Dandruff and Scurf. Green Wounds. Old Sores and Ulcers. Thorns and broken Bones, &c.

ſhrunk Sinews or Veins. The Juice of Scabious made up with the Powder of Borax and Samphire, cleanſeth the Skin of the Face, or other Parts of the Body, not only from Freckles and Pimples, but alſo from Morphew and Leproſy. The Head waſhed with the ſame Decoction, cleanſeth it from Dandruff, Scurf, Sores, Itch, and the like, being uſed warm: Tents alſo dipped in the Juice of Water thereof, not only healeth all green Wounds, but old Sores and Ulcers alſo. The Herb alſo bruiſed and applied, doth in a ſhort Time looſen, and cauſe to be drawn forth any Splinter, broken Bone, Arrow-head, or other ſuch like Thing lying in the Fleſh.

Scurvy-Graſs.

Deſcript.] OUR ordinary *Engliſh* Scurvy-graſs hath many thick flat Leaves more long than broad, and ſometimes longer and narrower; ſometimes alſo ſmooth on the Edges, and ſometimes a little waved; ſometimes plain, ſmooth and pointed; ſometimes hollow in the middle, and round pointed; of a ſad green, and ſometimes a blueiſh Colour, every one ſtanding by itſelf, upon a long Foot-ſtalk, which is browniſh or greeniſh alſo; from among which ariſe many ſlender Stalks, bearing few Leaves thereon like the other, but longer and leſſer for the moſt Part. At the Tops whereof grow many whitiſh Flowers, with yellow Threads in the middle, ſtanding about a green Head, which becometh the Seed Veſſel, which will be ſomewhat flat when it is ripe, wherein is contained reddiſh Seed, taſting ſomewhat hot. The Root is made of many white Strings, which ſtick deeply into the Mud, wherein it chiefly delights; yet it will well abide in the more upland and drier Ground, and taſteth a little brackiſh and ſalt even there, but not ſo much as where it hath the ſalt Water to feed upon.

Place.] It groweth all along the *Thames* Side, both on the *Eſſex* and *Kentiſh* Shores, from *Woolwich* round about the Sea-Coaſts to *Dover*, *Portſmouth*, and even to *Briſtol*, where it is had in Plenty; the other with round Leaves groweth in the Marſhes in *Holland* in *Lincolnſhire*, and other Places of *Lincolnſhire* by the Sea-ſide.

Deſcript.] There is alſo another ſort called *Dutch* Scurvy-graſs, which is moſt known and frequent in Gardens, which hath freſh, green and almoſt round Leaves riſing from the Root, not ſo thick as the former; yet in ſome rich Ground very large,

even twice as big as in others, not dented about the Edges, or hollow in the middle, ſtanding on a long Foot-ſtalk: From among theſe riſe long, ſlender Stalks, higher than the former, with more white Flowers at the tops of them, which turn into ſmall Pods, and ſmaller browniſh Seed than the former. The Root is white, ſmall and thready. The taſte is nothing ſalt at all, it hath a hot aromatical ſpicy Taſte.

Time.] It flowereth in *April* and *May*, and giveth Seed ripe quickly after.

Government and Virtues.] It is an Herb of *Jupiter*. The *Engliſh Scurvy-graſs* is more uſed for the ſalt Taſte it beareth, which doth ſomewhat open and cleanſe; but the *Dutch Scurvy-graſs* is of better Effect, and chiefly uſed (if it may be had) by thoſe that have the Scurvy, eſpecially to purge and cleanſe the Blood, the Liver and Spleen, for all which Diſeaſes it is of ſingular good Effect, by taking the Juice in the Spring every Morning faſting in a Cup of Drink. The Decoction is good for the ſame Purpoſe, and the Herb tunned up in new Drink either by itſelf, or with other things; for it openeth Obſtructions, evacuating cold, clammy, and Phlegmatick Humours, both from the Liver and the Spleen, waſting and conſuming both the Swelling and Hardneſs thereof, and thereby bringing to the Body a more lively Colour. The Juice alſo helpeth all foul Ulcers and Sores in the Mouth, if it be often gargled therewith; and uſed outwardly cleanſeth the Skin from Spots, Marks, or Scars that happen therein.

Scurvy. Liver and Spleen. Phlegmatic Humours. foul Ulcers and ſore Mouths. Spots and Sores in the Skin.

Self-Heal:

It is called alſo Prunel, Carpenters Herb, Hook-heal, and Sickle-wort.

Deſcript.] THE common Self-heal is a ſmall, low, creeping Herb, having many ſmall roundiſh pointed Leaves, like Leaves of wild Mints, of a dark green Colour, without Dents on the Edges: From among which riſe ſquare hairy Stalks, ſcarce a Foot high, which ſpread ſometimes into Branches with ſmall Leaves ſet thereon, up to the Tops, where ſtand brown ſpiked Heads of ſmall browniſh Leaves like Scales, and

and Flowers ſet together, almoſt like the Head of Caſſidony, which Flowers are gaping, and of a blueiſh Purple, or more pale blue, in ſome Places ſweet, but not ſo in others. The Root conſiſts of many Fibres downward, and ſpreadeth Strings alſo whereby it increaſeth. The ſmall Stalks, with the Leaves creeping upon the Ground, ſhoot forth Fibres taking hold on the Ground, whereby it is made a great Tuft in a ſhort Time.

Place.] It is found in Woods and Fields every where.

Time.] It flowereth in *May*, and ſometimes in *April*.

Government and Virtues.] Here is another Herb of *Venus*, *Self-heal*, whereby when you are hurt you may heal yourſelf: It is a ſpecial Herb for inward and outward Wounds. Take it inwardly in Syrups for inward Wounds; outwardly in Unguents and Plaiſters for outward. As *Self heal* is like Bugle in Form, ſo alſo in the Qualities and Virtues, ſerving for all the Purpoſes whereto Bugle is applied with good Succeſs, either inwardly or outwardly, for inward Wounds or Ulcers whatſoever within the Body, for Bruiſes or Falls, and ſuch-like Hurts. If it be accompanied with Bugle, Sanicle, and other the like Wound-Herb, it will be more effectual to waſh or inject into Ulcers in the Parts outwardly; where there is cauſe to repreſs the Heat and Sharpneſs of Humours flowing to any ſore Ulcers, Inflammations, Swellings, or the like, or to ſtay the Flux of Blood in any Wound or Part, this is uſed with good Succeſs; as alſo to cleanſe the Foulneſs of Sores, and cauſe them more ſpeedily to be healed. It is an eſpecial Remedy for all green Wounds to ſolder the Lips of them, and to keep the Place from any further Inconveniences. The Juice hereof uſed with Oil of Roſes to anoint the Temples and Forehead, is very effectual to remove the Head-ach, and the ſame mixed with Honey of Roſes, cleanſeth and healeth all Ulcers in the Mouth and Throat, and thoſe alſo in the Secret Parts. And the Proverb of the *Germans*, *French*, and others, is verified in this, *That he needeth neither Phyſician nor Chirurgeon that hath* Self-heal *and* Sanicle *to help himſelf.*

Inward Wounds and Ulcers. Bruiſes. Flux of Blood. foul Sores. Green Wounds. Head-ach. Sores in the Mouth or Throat, and ſecret Parts.

The

The Service-Tree.

IT is ſo well known in the Place where it grows, that it needeth no Deſcription.

Time.] It flowereth before the End of *May*, and the Fruit is ripe in *October*.

Government and Virtues.] *Services*, when they are mellow, are fit to be taken to ſtay Fluxes, Scouring and Caſting, yet leſs than Medlars. If they be dried before they be mellow, and kept all the Year, they may be uſed in Decoctions for the ſaid Purpoſe, either to drink, or to bathe the Parts requiring it; and are profitably uſed in that manner to ſtay the Bleeding of Wounds, and at the Mouth or Noſe, to be applied to the Forehead, and Nape of the Neck; and are under the Dominion of *Saturn*.

Fluxes. Scourings and Caſtings. Bleedings at Wounds, or at Mouth and Noſe.

Shepherd's Purſe.

IT is called Whoreman's Permacity, Shepherd's Scrip, Shepherd's Pounce, Toy-wort, Pick-purſe, and Caſe-wort.

Deſcript.] The Root is ſmall, white, and periſheth every Year. The Leaves are ſmall and long, of a pale green Colour, and deeply cut in on both Sides, among which ſpringeth up a Stalk which is ſmall and round, containing ſmall Leaves upon it even to the Top. The Flowers are white, and very ſmall; after which come the little Caſes which hold the Seed, which are flat, almoſt in the Form of a Heart.

Place.] They are frequent in this Nation, almoſt by every Path-ſide.

Time.] They flower all the Summer long; nay, ſome of them are ſo fruitful, that they flower twice a Year.

Government and Virtues.] It is under the Dominion of *Saturn*, and of a cold, dry, and binding Nature, like to him. It helps all Fluxes of Blood, either cauſed by inward or outward Wounds; as alſo Flux of the Belly, and Bloody Flux, ſpitting and piſſing of Blood,

Stops Fluxes. Flux of the Belly. Spitting and piſſing Blood Terms ſtops. Yellow-Jaundice, Pains Noiſe and

Blood, ſtops the Terms in Women; being bound to the Wriſts of the Hands, and the Soles of the Feet, it helps the Yellow-Jaundice. The Herb being made into a Poultice, helps Inflammations, and St. *Anthony*'s Fire. The Juice being dropped into the Ears, heals the Pains, Noiſe, and Matterings thereof. A good Ointment may be made of it for all Wounds, eſpecially Wounds in the Head. *Matterings in the Ears. Wounds.*

Smallage.

THIS is alſo very well known, and therefore I ſhall not trouble the Reader with any Deſcription thereof.

Place.] It groweth naturally in wet and marſhy Ground; but if it be ſown in Gardens, it there proſpereth very well.

Time.] It abideth green all the Winter, and ſeedeth in *Auguſt*.

Government and Virtues.] It is an Herb of *Mercury*. Smallage is hotter, drier, and much more medicinal than Parſley, for it much more openeth Obſtructions of the Liver and Spleen, rarefieth thick Phlegm, and cleanſeth it and the Blood withal. It provoketh Urine and Womens Courſes, and is ſingular good againſt the Yellow-jaundice, Tertian and Quartan Agues, if the Juice thereof be taken, but eſpecially made up into a Syrup. The Juice alſo put to Honey of Roſes, and Barley-water, is very good to gargle the Mouth and Throat of thoſe that have Sores and Ulcers in them, and will quickly heal them. The ſame Lotion alſo cleanſeth and healeth all other foul Ulcers and Cankers elſewhere, if they be waſhed therewith. The Seed is eſpecially uſed to break and expel Wind, to kill Worms, and to help a ſtinking Breath. The Root is effectual to all the Purpoſes aforeſaid, and is held to be ſtronger in Operation than the Herb, but eſpecially to open Obſtructions, and to rid away any Ague, if the Juice thereof be taken in Wine, or the Decoction thereof in Wine be uſed. *Liver and Spleen. Urine, and Womens Courſes. Yellow-janudice. Agues. Sore Mouth and Throat. Ulcers & Cankers. wind. worms. & ſtinking Breath.*

Sope-

Sope-wort, *or* Bruise-wort.

Descript.] THE Root creepeth under Ground far and near, with many Joints therein, of a brown Colour on the Outside, and yellowish within, shooting forth in divers Places, weak round Stalks, full of Joints, set with two Leaves a-piece at every one of them on the contrary Side, which are ribbed somewhat like unto Plantain, and fashioned like the common Field white Campion Leaves, seldom having any Branches from the Sides of the Stalks, but set with Flowers at the Top, standing in long Husks like the wild Campions, made of five Leaves a-piece, round at the Ends, and dented in the Middle, of a Rose-colour, almost white, sometimes deeper, sometimes paler; of a reasonable Scent.

Place.] It groweth wild in many low and wet Grounds of this Land, by Brooks and the Sides of running Waters.

Time.] It flowereth usually in *July*, and so continueth all *August*, and Part of *September*, before they be quite spent.

Temperature and Virtues.] *Venus* owns it. The Country People in divers Places do use to bruise the Leaves of Sope-wort, and lay it to their Fingers, Hands or Legs, when they are cut, to heal them up again. Some make great Boast thereof, that it is diuretical to provoke Urine, and thereby to expel Gravel and the Stone in the Reins or the Kidneys, and do also account it singular good to void Hydropical Waters, thereby to cure the Disease of the Dropsy. And they no less extol it to perform an absolute Cure in the *French* Pox, more than either *Sarsaparilla*, *Guaiacum*, or *China* can do; which, how true it is, I leave others to judge.

Cut Fingers. provokes Urine. expel Gravel and Stone. Dropsy. French *Pox.*

Sorrel.

OUR ordinary Sorrel, which grows in Gardens, and also wild in the Fields, is so well known, that it needeth no Description.

Government and Virtues.] It is under the Dominion of *Venus*. Sorrel is prevalent in all hot Diseases, to cool any Inflammation and Heat of Blood in Agues, pestilential or cholerick, or Sickness and Fainting, rising from Heat,

Cooleth Inflammations & Heat of Blood. Agues.

Heat, and to refreſh the over-ſpent Spirits with the Violence of furious or fiery Fits of Agues; to quench Thirſt, and procure an Appetite in fainting or decaying Stomachs: For it reſiſteth the Putrefaction of the Blood, killeth Worms, and is a Cordial to the Heart, which the Seed doth more effectually, being more drying and binding, and thereby ſtayeth the hot Fluxes of Womens Courſes, or of Humours in the Bloody-Flux, or Flux of the Stomach. The Root alſo in a Decoction, or in Powder, is effectual for all the ſaid Purpoſes. Both Roots and Seed as well as the Herb, are held powerful to reſiſt the Poiſon of the Scorpion. The Decoction of the Roots is taken to help the Jaundice, and to expel the Gravel and the Stone in the Reins or Kidneys. The Decoction of the Flowers made with Wine and drunk, helpeth the Black Jaundice, as alſo the inward Ulcers of the Body and Bowels. A Syrup made with the Juice of Sorrel and Fumitory, is a Sovereign Help to kill thoſe ſharp Humours that cauſe the Itch. The Juice thereof with a little Vinegar ſerveth well to be uſed outwardly for the ſame Cauſe, and is alſo profitable for Tetters, Ringworms, *&c.* It helpeth alſo to diſcuſs the Kernels in the Throat; and the Juice gargled in the Mouth, helpeth the Sores therein. The Leaves wrapt in a Colewort-leaf and roaſted in the Embers, and applied to a hard Impoſthume, Botch, Boil or Plague-Sore, do both ripen and break it. The diſtilled Water of the Herb is of much good Uſe for all the Purpoſes aforeſaid.

quenches Thirſt. provokes Appetite. kills Worms. Womens Courſes. Fluxes. Poiſon. Jaundice. inward Ulcers. Itch. Tetters and Ringworms. Kernels in the Throat. ſore Mouths. Impoſthumes. Boil or Plague-Sore.

Wood-Sorrel.

Deſcript. THIS groweth upon the Ground, having a Number of Leaves coming from the Root made of three Leaves, like a Trefoil, but broad at the Ends, and cut in the middle, of a yellowiſh green Colour, every one ſtanding on a long Foot-ſtalk, which at their firſt coming up are cloſe folded together to the Stalk, but opening themſelves afterwards, and are of a fine ſour Reliſh, and yielding a Juice which will turn red when it is clarified, and maketh a moſt dainty clear Syrup.

Syrup. Among theſe Leaves riſe up divers ſlender, weak Foot-ſtalks, with every one of them a Flower at the Top, conſiſting of five ſmall pointed Leaves, Star-faſhion, of a white Colour, in moſt Places, and in ſome daſhed over with a ſmall Show of blueiſh, on the Back-ſide only. After the Flowers are paſt, follow ſmall round Heads, with ſmall yellowiſh Seed in them. The Roots are nothing but ſmall Strings faſtened to the End of a ſmall long Piece; all of them being of a yellowiſh Colour.

Place.] It groweth in many Places of our Land in Woods and Wood-ſides, where they be moiſt and ſhadowed, and in other Places not too much open to the Sun.

Time.] It flowereth in *April* and *May*.

Government and Virtues.] *Venus* owns it. Wood-Sorrel ſerveth to all the Purpoſes that the other Sorrels do, and is more effectual in hindering Putrefaction of Blood, and Ulcers in the Mouth and Body, and in cooling and tempering Heats and Inflammations, to quench Thirſt, to ſtrengthen a weak Stomach, to procure an Appetite, to ſtay Vomiting, and very excellent in any contagious Sickneſs or peſtilential Fevers. The Syrup made of the Juice is effectual in all the Caſes aforeſaid, and ſo is the diſtilled Water of the Herb alſo. Spunges or Linen Cloths wet in the Juice, and applied outwardly to any hot Swellings or Inflammations, doth much cool and help them. The ſame Juice taken and gargled in the Mouth, and after it is ſpit forth, freſh taken, doth wonderfully help a foul ſtinking Canker, or Ulcers therein. It is ſingular good in Wounds, Thruſts and Stabs in the Body to ſtay Bleeding, and helpeth to ſtay any hot Defluxions in the Throat or Lungs, and to cleanſe and heal Wounds ſpeedily.

Ulcers. Inflammations procure Appetite. Peſtilential Fevers. hot Swellings. Canker or Ulcer in the mouth. Wounds or Scabs. Defluxions.

Sow-Thiſtle.

SOW-Thiſtles are generally ſo well known, that they need no Deſcription.

Place.] They grow in Gardens and manured Grounds, ſometimes by old Walls, Path-ſides of Fields and Highways.

Government and Virtues.] This and the former are under the Influence of *Venus*. Sow-Thiſtles are cooling, and ſomewhat

omewhat binding, and are very fit to cool a hot Stomach, nd to eafe the gnawing Pains thereof. The Herb boiled in Wine, is very helpful to ftay the Diffolution of the Stomach, nd the Milk that is taken from he Stalks when they are broken, given in Drink, is beneficial to hofe that are fhort-winded, and ave a Wheezing withal. *Pliny* aith, That it hath caufed the Gravel and Stone to be voided by Jrine, and that the eating thereof elpeth a ftinking Breath. Three Spoonfuls of the Juice thereof aken in White-wine warmed, nd fome Oil put thereto, caufeth

Pain and Heat of the Stomach, fhort Wind and Wheezing, Gravel and Stone, ftinking Breath, fpeedy Delivery, ftrangury, Milk increafed, Deafnefs and finging in the Ears, inflamed Eyes, Wheals & Blifters, Hæmorrhoids, clear the Face.

Women in Travail to have fo eafy and fpeedy Delivery, that hey may be able to walk prefently after. The faid Juice aken in warm Drink, helpeth the Strangury, and Pains in naking Water. The Decoction of the Leaves and Stalks aufeth abundance of Milk in Nurfes, and their Children to e well coloured, and is good for thofe whofe Milk doth urdle in their Breafts. The Juice boiled, or throughly heated n a little Oil of bitter Almonds in the Peel of a Pomegranate, nd dropped into the Ears, is a fure Remedy for Deafnefs, ingings, and all other Diseafes in them. The Herb bruifed, r the Juice, is profitably applied to all hot Inflammations in he Eyes, or whatfoever elfe; and for Wheals, Blifters, or ther the like Eruption or Heat in the Skin; as alfo for the Heat and Itching of the Hæmorrhoids, and the Heat and harpnefs of Humours in the fecret Parts of Man or Woman. The diftilled Water of the Herb, is not only effectual for all he Diseafes aforefaid, to be taken inwardly with a little Sugar, which Medicine the daintieft Stomach will not refufe) but utwardly, by applying Cloths or Spunges wetted therein. It wonderfully good for Womens to wafh their Faces there-ith, to clear the Skin and give a Luftre thereto.

Southern-Wood.

Southern-Wood is fo well known to be an ordinary Inhabitant in our Gardens, that I fhall not need to trouble you ith any Defcription thereof.

Time.]

Time.] It flowereth for the moft part in *July* and *Auguft.*

Government and Virtues.] It is a gallant Mercurial Plant, worthy of more eſteem than it hath. *Dioſcorides* ſaith, That the Seed bruiſed, heated in warm Water, and drunk, helpeth thoſe that are burſten, or troubled with Cramps or Convulſions of the Sinews, the Sciatica, or Difficulty in making Water, and bringing down Womens Courſes. The ſame taken in Wine is an Antidote, or Counter-poiſon againſt all deadly Poiſon, and driveth away Serpents and other venomous Creatures; as alſo the Smell of the Herb, being burnt, doth the ſame. The Oil thereof anointed on the Back-bone before the Fits of Ague comes, taketh them away: It taketh away Inflammations in the Eyes, if it be put with ſome Part of a roaſted Quince, and boiled with a few Crumbs of Bread, and applied. Boiled with Barley-meal, it taketh away Pimples, Puſhes or Wheals that ariſe in the Face, or other Parts of the Body. The Seed, as well as the dried Herb, is often given to kill the Worms in Children: The Herb bruiſed and laid to, helpeth to draw forth Splinters and Thorns out of the Fleſh. The Aſhes thereof drieth up and healeth old Ulcers, that are without Inflammation, altho' by the Sharpneſs thereof it biteth ſore, and putteth them to ſore Pains; as alſo the Sores in the Privy-parts of Man or Woman. The Aſhes mingled with old Sallad-Oil, helpeth thoſe that have Hair fallen, and are bald, cauſing the Hair to grow again either on the Head or Beard. *Darantes* ſaith, That the Oil made of Southernwood, and put among the Ointments that are uſed againſt the *French* Diſeaſe, is very effectual, and likewiſe killeth Lice in the Head. The diſtilled Water of the Herb is ſaid to help them much that are troubled with the Stone, as alſo for the Diſeaſes of the Spleen and Mother. The *Germans* commend it for a ſingular Wound-herb, and therefore call it *Stab-wort.* It is held by all Writers, ancient and modern, to be more offenſive to the Stomach than Wormwood.

Burſten, Cramps and Convulſions, Sciatica, Strangury, Womens Courſes, Poiſons, Agues, Inflamed Eyes, Pimples, Puſhes and Wheals, Worms, Splinters and Thorns, Old Ulcers, Sores in Privities, Baldneſs, French Pox, Stone, Spleen and Mother.

Spignel.

Defcript.] THE Roots of common *Spignel* do fpread much and deep in the Ground, many ftrings or branches growing from one Head, which is hairy at the top, of a blackifh brown Colour on the Outfide, and white within, fmelling well, and of an aromatical Taſte, from whence rife fundry long Stalks of moſt fine cut Leaves like Hair, fmaller than Dill, fet thick on both Sides of the Stalks, and of a good Scent. Among theſe Leaves rife up round ſtiff Stalks, with a few Joints and Leaves on them, and at the Tops an Umbel of fine pure white Flowers. At the Edges whereof ſometimes will be ſeen a Shew of the reddiſh blueiſh Colour, eſpecially before they be full blown, and are ſucceeded by ſmall, ſomewhat round Seeds, bigger than the ordinary Fennel, and of a brown Colour, divided into two Parts, and cruſted on the Back, as moſt of the umbelliferous Seeds are.

Place.] It groweth wild in *Lancaſhire*, *Yorkſhire*, and other northern Counties, and is alſo planted in Gardens.

Government and Virtues.] It is an Herb of *Venus*. *Galen* ſaith, The Roots of Spignel are available to provoke Urine, and Womens Courſes: but if too much thereof be taken, it cauſeth Head-ach. The Roots boiled in Wine or Water, and drank, helpeth the Strangury and Stoppings of the Urine, the Wind, Swellings and Pains in the Stomach, Pains of the Mother, and all Joint-aches. If the Powder of the Root be mixed with Honey, and the ſame taken as a licking Medicine, it breaketh tough Phlegm, and drieth up the Rheum that falleth on the Lungs. The Roots are accounted very effectual againſt the ſtinging or biting of any venomous Creature, and is one of the Ingredients in Mithridate, and other Antidotes of the ſame.

Provoke urine & womens Courſes, Strangury, Pain in the Stomach, Mother, Joint-aches, tough Phlegm, venomous Creatures.

Spleen-wort, *or* Ceterach.

Defcript.] THE ſmooth *Spleen-wort*, from a black, thready and buſhy Root, ſendeth forth many long ſingle Leaves, cut in on both ſides into round Dents almoſt to the

the middle, which is not fo hard as that of Polypody, each Divifion being not always fet oppofite unto the other, cut between each, fmooth, and of a light green on the upper fide, and a dark yellowifh Roughnefs on the Back, folding or rolling itfelf inward at the firft fpringing up.

Place.] It groweth as well upon Stone Walls, as moift and fhadowy Places, about *Briftol*, and other the Weft Parts, plentifully; as alfo on *Framlingham* Caftle, on *Beaconsfield* Church in *Berkfhire*, at *Stroude* in *Kent*, and elfewhere, and abideth green all the Winter.

Government and Virtues.] *Saturn* owns it. It is generally ufed againft Infirmities of the Spleen: It helpeth the Strangury, and wafteth the Stone in the Bladder, and is good againft the Yellow Jaundice, and the Hiccough; but the Juice of it in Women hindereth Conception. *Matthiolus* faith, That if a Dram of the Duft that is on the Backfide of the Leaves be mixed with half a Dram of Amber in Powder, and taken with the Juice of Purflain or Plantain, it helps the Running of the Reins fpeedily, and that the Herb and Root being boiled and taken, helpeth all melancholy Difeafes, and thofe efpecially that arife from the *French* Difeafe. *Camerarius* faith, that the diftilled Water thereof being drunk, is very effectual againft the Stone in the Reins and Bladder; and that the Lee that is made of the Afhes thereof being drunk for fome Time together, helpeth fplenetick Perfons. It is ufed in outward Remedies for the fame Purpofe.

Spleen, Strangury, Stone, Yellow Jaundice, Running of the Reins, Melancholy Difeafes.

Star-Thiftle.

Defcript.] A Common Star-Thiftle hath divers narrow Leaves lying next the Ground, cut on the Edges fomewhat deeply into many Parts, foft, or a little woolly all over the Green, among which rife up divers weak Stalks parted into many Branches, all lying down to the Ground, that it feemeth a pretty Bufh, fet with divers the like divided Leaves up to the Tops, where feverally do ftand fmall whitifh green Heads, fet with fharp white Pricks, (no Part of the Plant being elfe prickly) which are fomewhat yellowifh; out of the middle whereof rifeth the Flowers compofed of many

fmall

ſmall reddiſh purple Threads; and in the Heads, after the Flowers are paſt, come ſmall whitiſh round Seed, lying down as others do. The Root is ſmall, long, and woody, periſhing every Year, and riſing again of their own Sowing.

Place.] It groweth wild in the Fields about *London* in many Places, as at *Mile-end Green*, in *Finsbury* Fields beyond the Wind-mills, and many other Places.

Time.] It flowereth early, and ſeedeth in *July*, and ſometimes in *Auguſt*.

Government and Virtues.] This, as almoſt all Thiſtles are, is under *Mars*. The Seed of this Star-Thiſtle made into Powder, and drunk in Wine, provoketh Urine, and helpeth to break the Stone, and driveth it forth. The Root in Powder, and given in Wine and drunk, is good againſt the Plague or Peſtilence, and drunk in the Morning faſting for ſome Time together, it is very profitable for a Fiſtula in any Part of the Body. *Baptiſta Sardas* doth much commend the diſtilled Water hereof, being drank, to help the *French* Diſeaſe, to open the Obſtructions of the Liver, and cleanſe the Blood from corrupted Humours, and is profitable againſt the Quotidian or Tertian Agues.

Provokes Urine, Stone, Plague, Fiſtula, French-*Pox, Obſtructions, Agues.*

Strawberries.

THeſe are ſo well known through this Land, that they need no Deſcription.

Time] They flower in *May* ordinarily, and the Fruit is ripe ſhortly after.

Government and Virtues.] *Venus* owns the Herb. Strawberries, when they are green, are cool and dry; but when they are ripe they are cool and moiſt: The Berries are excellent good to cool the Liver, the Blood, and the Spleen, or an hot cholerick Stomach; to refreſh and comfort the fainting Spirits, and quench Thirſt: They are good alſo for other Inflammations; yet it is not amiſs to reſrain from

Cool the Liver, Spleen and Stomach, quench Thirſt, Inflammations, provoke Urine, ſtay the Bloody-Flux and Womens Courſes, panting of the Heart, Yellow Jaundice, Ulcers, ſore Mouths, or Ulcers in the Privities, looſe Teeth,

Catarrhs, Defluxions, inflamed Eyes, Puſhes and Wheals, red Face, Deformities in the Skin, Films over the Eyes.

from them in a Fever, left by their putrefying in the Stomach they increaſe the Fits. The Leaves and Roots boiled in Wine and Water, and drank, do likewiſe cool the Liver and Blood, and aſſwage all Inflammations in the Reins and Bladder, provoke Urine, and allay the Heat and Sharpneſs thereof. The ſame alſo being drunk, ſtayeth the Bloody-flux and Womens Courſes, and helps the Swellings of the Spleen. The Water of the Berries carefully diſtilled, is a ſovereign Remedy and Cordial in the panting and beating of the Heart, and is good for the Yellow Jaundice. The Juice dropped into foul Ulcers, or they waſhed therewith, or the Decoction of the Herb and Root, doth wonderfully cleanſe and help to cure them. Lotions and Gargles for ſore Mouths, or Ulcers therein, or in the Privy Parts or elſewhere, are made with the Leaves and Roots thereof; which is alſo good to faſten looſe Teeth, and to heal ſpungy foul Gums. It helpeth alſo to ſtay Catarrhs or Defluxions of Rheum in the Mouth, Throat, Teeth, or Eyes. The Juice or Water is ſingular good for hot and red inflamed Eyes, if dropped into them, or they bathed therewith. It is alſo of excellent Property for all Puſhes, Wheals, and other Breakings forth of hot and ſharp Humours in the Face and Hands, and other Parts of the Body, to bathe them therewith: and to take away any Redneſs in the Face, or Spots, or other Deformities in the ſkin, and to make it clear and ſmooth. Some uſe this Medicine: Take ſo many Strawberries as you ſhall think fitting, and put them into a Diſtillatory, or Body of Glaſs fit for them, which being well cloſed, ſet in a Bed of Horſe-dung for your Uſe. It is an excellent Water for hot inflamed Eyes, and to take away a Film or ſkin that beginneth to grow over them, and for ſuch other Defects in them as may be helped by any outward Medicine.

Succory.

Deſcript.] *THE Garden Succory hath longer and narrower Leaves than Endive, and more cut in or torn on the Edges, and the Root abideth many Years. It beareth alſo blue Flowers like Endive, and the Seed is hardly diſtinguiſhed from the Seed of the ſmooth or ordinary Endive.*

The Wild Succory hath divers long Leaves lying on the Ground very much cut in or torn on the Edges, on both Sides, even to the middle Rib, ending in a Point; ſometimes it hath a red Rib down the middle of the Leaves, from among which riſeth up a hard, round, woody Stalk, ſpreading into many Branches, ſet with ſmaller and leſſer divided Leaves on them up to the Tops, where ſtand the Flowers, which are like the Garden-kind, as the Seed is alſo, (only take notice that the Flowers of the Garden-kind are gone in on a ſunny Day, they being ſo cold, that they are not able to endure the Beams of the Sun, and therefore more delight in the Shade) the Root is white, but more hard and woody than the Garden kind. The whole Plant is exceeding bitter.

Place.] This groweth in many Places of our Land in waſte untilled and barren Fields. The other only in Gardens.

Government and Virtues.] It is an Herb of *Jupiter*. Garden Succory, as it is more dry and leſs cold than Endive, ſo it openeth more. An handful of the Leaves, or Roots boiled in Wine or Water, and a Draught thereof drunk faſting, driveth forth cholerick and phlegmatick Humours, openeth Obſtructions of the Liver, Gall and Spleen; helpeth the Yellow Jaundice, the Heat of the Reins, and of the urine; the Dropſy alſo, and thoſe that have an evil Diſpoſition in their Bodies, by Reaſon of long Sickneſs, evil Diet, &c. which the Greeks call *Cachexia*. A Decoction thereof made with Wine, and drank, is very effectual againſt long lingering Agues, and a Dram of the Seed in Powder, drank in Wine before the Fit of the Ague, helpeth to drive it away. The diſtilled Water of the Herb and Flowers (if you can take them in Time) hath the like Properties, and is eſpecially good for hot Stomachs, and in Agues, either peſtilential or of long Continuance; for Swoonings and Paſſions of the Heart, for the Heat and Head-ach in Children, and for the Blood and Liver. The ſaid Water, or the Juice, or the bruiſed Leaves applied outwardly, allays Swellings, Inflammations, St. *Anthony*'s Fire, Puſhes, Wheals and Pimples, eſpecially uſed with a little Vinegar; as alſo to

Cholerick and phlegmatick Humours, Obſtructions, Yellow Jaundice, hot Reins and Urine, Dropſy, Agues, Paſſion of the Heart, Head-ach, Swellings and Inflammations, St. Anthony's Fire, Puſhes, Wheals & Pimples, inflamed Eyes, too much Milk.

waſh

wash pestiferous Sores. The said Water is very effectual for sore Eyes that are inflamed with Redness, and for Nurses Breasts that are pained by the Abundance of Milk.

The wild Succory, as it is more bitter, so it is more strengthening to the Stomach and Liver.

Stone-Crop, Prick-Madam, *or* Small Housleek.

Descript.] IT groweth with divers trailing Branches upon the Ground, set with many thick, flat, roundish, whitish green Leaves, pointed at the Ends. The Flowers stand many of them together, somewhat loosely. The Roots are small, and run creeping under Ground.

Place.] It groweth upon the Stone-walls and Mud-walls, upon the Tiles of Houses, and Pent Houses, and amongst Rubbish, and in other gravelly Places.

Time.] It flowereth in *June* and *July*, and the Leaves are green all the Winter.

Government and Virtues] It is under the Dominion of the *Moon*, cold in Quality, and something binding, and therefore very good to stay Defluxions, especially such as fall upon the Eyes. It stops Bleeding, both inward and outward, helps Cankers, and all fretting Sores and Ulcers: It abates the Heat of Choler, thereby preventing Diseases arising from Cholerick Humours. It expels Poison much, resisteth pestilential Fevers, being exceeding good also for Tertian Agues: You may drink the Decoction of it if you please for all the foregoing Infirmities. It is so harmless an Herb, you can scarce use it amiss: Being bruised and applied to the Place, it helps the King's-Evil, and any other Knots or Kernels in the Flesh; as also the Piles.

Binds, stays Defluxions, Bleeding, stops Cankers, Sores, Ulcers, Choler, Cholerick Humours, Poison, Pestilent Fevers, Tertian Agues, King's-evil, Knots and Kernels in the flesh, Piles.

English Tobacco.

Description.] *THIS riseth up with a round thick Stalk, about two Foot high, whereon do grow thick, flat green Leaves, nothing so large as the other* Indian *kinds, somewhat round pointed also, and nothing dented about the edges.*

The Stalk brancheth forth, and beareth at the Tops divers Flowers fet on great Huſks like the other, but nothing ſo large; ſcarce ſtanding above the Brims of the Huſks, round pointed alſo, and of a greeniſh yellow Colour. The Seed that followeth is not ſo bright, but larger, contained in the like great Heads. The Roots are neither ſo great, nor woody; it periſheth every Year with the hard Froſts in Winter, but riſeth generally of its own ſowing.

Place.] This came from ſome Parts of *Braſil*, as is thought, and is more familiar in our Country than any of the other ſorts; early giving ripe Seed, which the others ſeldom do.

Time.] It flowereth from *June*, ſometimes to the End of *Auguſt*, or later, and the Seed ripeneth in the mean Time.

Government and Virtues.] It is a martial Plant. It is found by good Experience to be available, to expectorate tough Phlegm from the Stomach, Cheſt and Lungs. The Juice thereof made into a Syrup, or the diſtilled Water of the Herb drunk with ſome Sugar, or without, if you will, or the Smoak taken by a Pipe, as is uſual, but faſting; the ſame helpeth to expel Worms in the Stomach and Belly, and to eaſe the Pains in the Head, or Megrim and the griping Pains in the Bowels. It is profitable for thoſe that are troubled with the Stone in the Kidneys, both to eaſe Pains by proking Urine, and to expel Gravel and the Stone engender'd therein, and hath been found very effectual to expel Windineſs, and other Humours, which cauſe the ſtrangling of the Mother. The Seed hereof is very effectual to expel the Tooth-ach, and the Aſhes of the burnt Herb to cleanſe the Gums, and make the Teeth white. The Herb bruiſed and applied to the Place grieved with the King's Evil, helpeth it in nine or ten Days effectually. *Manardus* ſaith, It is a Counter-poiſon againſt the biting of any venomous Creature; the Herb alſo being outwardly applied to the hurt Place. The diſtilled Water

Tough Phlegm, Worms, Megrim, Pains in the Bowels, Gravel and Stone, Wind, Mother, Tooth-ach, King's Evil, Venomous Creatures, Ague Cramps and Aches, Sciatica, Itch, Scabs and Ulcers, Cankers and foul Sores, Lice, freſh Wounds and Sores, Impoſthumes and hard Swellings.

is often given with fome Sugar before the Fit of an Ague, to leffen it, and takes it away in three or four Times ufing. If the diftilled Fæces of the Herb, having been bruifed before the Diftillation, and not diftilled dry, be fet in warm Dung for fourteen Days, and afterwards be hung up in a Bag in a Wine Cellar, the Liquor that diftilleth therefrom is fingularly good to ufe for Cramps, Aches, the Gout and Sciatica, and to heal Itches, Scabs, and running Ulcers, Cankers, and all foul Sores whatfoever. The Juice is alfo good for all the faid Griefs, and likewife to kill Lice in Childrens Heads. The green Herb bruifed and applied to any green Wound, cureth any freth Wound or Cut whatfoever; and the Juice put into old Sores, both cleanfeth and healeth them. There is alfo made hereof a fingular good Salve to help Impoflhumes, hard Tumours, and other Swellings by Blows and Falls.

The Tamarifk Tree.

IT is fo well known in the Places where it grows, that it needeth no Defcription.

Time.] It flowereth about the End of *May*, or in *June*, and the Seed is ripe and blown away in the Beginning of *September*.

Government and Virtues.] A gallant *Saturnine* Herb it is. If the Root, Leaves, or young Branches, be boiled in Wine or Vinegar, and drank, and applied outwardly, it is very powerful againft the Hardnefs of the Spleen. The Leaves boiled in Wine and drunk, is good to ftay the Bleeding of the Hæmorrhoidal Veins, the fpitting of Blood, and Womens too abounding Courfes, and helpeth the Jaundice, the Cholick, and the biting of all venomous Serpents, except the Afp. The Bark is as effectual, if not more, to all the Purpofes aforefaid, and both it and the Leaves boiled in Wine, and the Mouth and Teeth waffhed therewith, helpeth the Tooth-ach; being dropped in the Ears, eafeth the Pains, and is good for the Redneis and Watering of the Eyes. The faid Decoction, with fome Honey put

Spleen, Hæmorrhoids, fpitting Blood, Womens Courfes, Jaundice, Cholick, Venom, Serpent, Tooth-ach, Pain in the Ears, watering Eyes, Gangreens and Ulcers, Nits and Lice, Spleen, Burning and Scalding, French-*Pox, Leprofy and Scabs, Dropfy, Melancholy, black jaundice.*

put thereto, is good to ftay Gangrenes and fretting Ulcers, and to wafh thofe that are fubject to Nits and Lice: The Wood is very effectual to confume the Spleen, and therefore to drink out of Cups and Cans made thereof, is good for fplenetick Perfons. The Afhes of the Wood are ufed for all the Purpofes aforefaid, and befides, doth quickly help the Blifters raifed by Burnings or Scaldings, by Fire or Water. *Alpinus* and *Veflingius* do affirm, That the *Egyptians* do with as good Succefs ufe the Wood hereof to cure the *French* Difeafe, as others do *Lignum Vitæ* or *Guaiacum*; and give it alfo to fuch as are poffeffed with Leprofy, Scabs, Puihes, Ulcers, or the like: It is available to help the Dropfy, arifing from the Hardnefs and Obftructions of the Spleen, as alfo for Melancholy, and Black Jaundice that ariferh thereof.

Garden Tanfy.

GArden Tanfy is fo well known, that it needeth no Defcription.

Time.] It flowereth in *June* and *July*.

Government and Virtues.] Dame *Venus* was minded to pleafure Women with Child by this Herb, for there grows not an Herb fitter for their Ufes than this is: It is juft as tho' it were cut out for the Purpofe. The Herb bruifed and applied to the Navel, ftays Mifcarriages; I know no Herb like it for that Ufe: Boiled in ordinary Beer, and the Decoction drunk, doth the like; and if her Womb be not as fhe would have it, this Decoction will make it as fhe would have it, or at leaft as fhe fhould have it: Let thofe Women that defire Children, love this Herb, 'tis their beft Companion, their Husband excepted. Alfo it confumes the Phlegmatick Humours, the cold and moift Conftitution of Winter moft ufually affects the Body of Man with, and that was the firft Reafon of eating Tanfies in the Spring. At laft the World being over-run with Popery, a Monfter called Superftition perks up his Head, and, as a juft Judgment of God, obfcures the bright Beams of Knowledge by his difmal Looks (Phyficians feeing the Pope and his Imps felfifh, they began to do fo too) and now forfooth Tanfies muft be eaten only on *Palm* and *Eafter* Sundays, and their Neighbour Days: At laft Superftition being too hot to hold, and the Selfifhnefs of Phyficians

walking in the Clouds; after the Friers and Monks had made the People ignorant, the Superſtition of the Time was found out, by the Virtue of the Herb hidden, and now 'tis almoſt, if not altogether, left off. Surely our Phyſicians are beholden to none ſo much as they are to Monks and Friers: For want of eating this Herb in Spring, maketh People ſickly in Summer; and that makes Work for the Phyſician. If it be againſt any Man or Woman's Conſcience to eat Tanſy in the Spring, I am as unwilling to burthen their Conſcience, as I am that they ſhould burthen mine; they may boil it in Wine and drink the Decoction, it will work the ſame Effect. The Decoction of the common Tanſy, or the Juice drunk in Wine, is a ſingular Remedy for all the Griefs that come by ſtopping of the Urine, helpeth the Strangury, and thoſe that have weak Reins and Kidneys. It is alſo very profitable to diſſolve and expel Wind in the Stomach, Belly or Bowels, to procure Womens Courſes, and expel Windineſs in the Matrix, if it be bruiſed and often ſmelled unto, as alſo applied to the lower Part of the Belly. It is alſo very profitable for ſuch Women as are given to miſcarry in Child-bearing, to cauſe them to go out their full Time: It is uſed alſo againſt the Stone in the Reins, eſpecially to Men. The Herb fry'd with Eggs (as it is accuſtomed in the Spring-time) which is called a Tanſy, helpeth to digeſt and carry downwards thoſe bad Humours that trouble the Stomach. The Seed is very profitable given to Children for the Worms, and the Juice in Drink is as effectual. Being boiled in Oil, it is good for the Sinews ſhrunk by Cramps, or pained with Cold, if thereto applied.

Dyſury, Strangury, Reins, Kidneys, Wind, Womb, Miſcarriages, Stone, Stomach, Worms, Cramps.

Wild-Tanſy, *or* Silver-Weed.

THIS is alſo ſo well known, that it needeth no Deſcription.

Place.] It groweth almoſt in every Place.

Time.] It flowereth in *June* and *July*.

Government and Virtues.] Now Dame *Venus* hath fitted Women with two Herbs of one Name, one to help Conception, the other to maintain Beauty, and what more can be expected of her? What now remains for you, but to

to love your Huſbands, and not to be wanting to your poor Neighbours? Wild Tanſy ſtayeth the Laſk, and all the Fluxes of Blood in Men or Women, which ſome ſay it will do, if the green Herb be worn in the Shoes, ſo it be next the Skin; and 'tis true enough, that it will ſtop the Terms, if worn ſo, and the Whites too, for ought I know. It ſtayeth alſo ſpitting or vomiting of Blood. The Powder of the Herb taken in ſome of the diſtilled Water, helpeth the Whites in Women, but more eſpecially if a little Coral and Ivory in Powder be put to it. It is alſo much commended to help Children that are burſten, and have a Rupture, being boiled in Water and Salt. Being boiled in Water and drunk, it eaſeth the griping Pains of the Bowels, and is good for the Sciatica and Joint-achs. The ſame boiled in Vinegar, with Honey and Allum, and gargled in the Mouth, eaſeth the Pains of the Tooth-ach, faſteneth looſe Teeth, helpeth the Gums that are ſore, and ſettleth the Palate of the Mouth in its Place, when it is fallen down. It cleanſeth and healeth Ulcers in the Mouth or ſecret Parts, and is very good for inward Wounds, and to cloſe the Lips of green Wounds; and alſo to heal old, moiſt, and corrupt running Sores in the Legs or elſewhere. Being bruiſed and applied to the Soles of the Feet and Hand-wriſts, it wonderfully cooleth the hot Fits of Agues, be they never ſo violent. The diſtilled Water cleanſeth the Skin of all Diſcolourings therein, as Morphew, Sun-burning, *&c.* as alſo Pimples, Freckles, and the like; and dropped into the Eyes, or Cloths wet therein and applied, taketh away the Heat and Inflammations in them.

Flux, Terms ſtops, Vomiting of Blood, Whites, Ruptures, Belly-ach, Sciatica, Joints, Tooth-ach, looſe Teeth, Gums, Ulcers in the Mouth, Wounds, ſore Legs, Pimples, Freckles, Sun-burning.

Thiſtles.

OF theſe are many Kinds growing here in *England*, which are ſo well known, that they need no Deſcription: Their Difference are eaſily known by the Places where they grow, *viz.*

Place.] Some grow in Fields, ſome in Meadows, and ſome among the Corn; others on Heaths, Greens, and waſte Grounds in many Places.

Time.] They flower in *June* and *August*, and their Seed is ripe quickly after.

Government and Virtues.] Surely *Mars* rules it, it is such a prickly Business. All these Thistles are good to provoke Urine, and to mend the stinking Smell thereof; as also the rank Smell of the Armpits, or the whole Body, being boiled in Wine and drunk, and are said also to help a stinking Breath, and to strengthen the Stomach. *Pliny* saith, That the Juice bathed on the Place that wanteth Hair, it being fallen off, will cause it to grow again speedily.

Dysury.

Stinking Breath, Stomach.

The Melancholy Thistle.

Descript.] *IT riseth up with tender single hoary green Stalks, bearing thereon four or five green Leaves, dented about the Edges; the Points thereof are little or nothing prickly and at the Top usually but one Head, yet sometime from the Bosom of the uppermost Leaves there shooteth forth another small Head, scaly and prickly, with many reddish Thrumbs or Threads in the Middle, which being gathered fresh, will keep the Colour a long Time, and fadeth not from the Stalk a long Time, while it perfects the Seed, which is of a mean Bigness, lying in the Down. The Root hath many Strings fastened to the Head, or upper part which is blackish, and perisheth not.*

There is another sort, little differing from the former, but that the Leaves are more green above, and more hoary underneath, and the Stalk being about two Foot high, beareth but one scaly Head, with Threads and Seeds as the former.

Place.] They grow in many moist Meadows of this Land, as well in these Southern, as in the Northern Parts.

Time.] They flower about *July* or *August*, and their Seed ripeneth quickly after.

Government and Virtues.] 'Tis under *Capricorn*, and therefore under both *Saturn* and *Mars*, one rids Melancholy by Sympathy, the other by Antipathy. Their Virtues are but few, but these not to be despised; for the Decoction of the Thistle in Wine being drunk, expels superfluous *Melancholy* out of the

Melancholy.

the Body, and makes a Man as merry as a Cricket: Superfluous *Melancholy* cauſeth Care, Fear, Sadneſs, Deſpair, Envy, and many Evils more beſides; but Religion teacheth to wait upon God's Providence, and caſt our Care upon him who careth for us. What a fine Thing were it if Men and Women could live ſo? And yet ſeven Years Care and Fear, makes a Man never the wiſer, nor a Farthing richer. *Dioſcorides* ſaith, The Root borne about one doth the like, and removes all Diſeaſes of Melancholy. Modern Writers laugh at him: *Let them laugh that win*, my Opinion is, That 'tis the beſt Remedy againſt all melancholy Diſeaſes that grows; they that pleaſe may uſe it.

Our Lady's Thiſtle.

Deſcript.] OUR Lady's Thiſtle hath divers very large and broad Leaves lying on the Ground, cut in, and as it were crumpled, but ſomewhat hairy on the Edges, of a white green ſhining Colour, wherein are many Lines and Streaks of a milk-white Colour running all over, and ſet with many ſharp and ſtiff Prickles all about, among which riſeth up one or more ſtrong, round and prickly Stalks, ſet full of the like Leaves up to the Top, where, at the end of every Branch, comes forth a great prickly Thiſtle-like Head, ſtrongly arm'd with Prickles, and with bright purple Thrumbs riſing out of the middle: After they are paſt, the Seed groweth in the ſaid Heads, lying in ſoft white Down, which is ſomewhat flattiſh and ſhining, large and brown. The Root is great, ſpreading in the Ground, and many Strings and Fibres faſtened thereunto. All the whole Plant is bitter in Taſte.

Place.] It is frequent on the Banks of almoſt every Ditch.

Time.] It flowereth and ſeedeth in *June*, *July*, and *Auguſt*.

Government and Virtues.] Our Lady's Thiſtle is under *Jupiter*, and thought to be as effectual as *Carduus Benedictus* for Agues, and to prevent and cure the Infection of the Plague, as alſo to open Obſtructions of the Liver and Spleen, and thereby is good againſt the Jaundice. It provoketh Urine, breaketh and expelleth the Stone, and is good for the Dropſy. It is effectual alſo for the Pains in the Sides, and many other inward Pains and Gripings. The Seed and diſtilled Water are held powerful

Agues, Plague, Obſtructions, Liver, Spleen, Dropſy, Stitches in the Sides, Liver.

powerful to all the Purposes aforesaid, and besides, it is often applied both inwardly to drink, and outwardly with Cloths or Spunges, to the Region of the Liver, to cool the Distemper thereof, and to the Region of the Heart, against Swoonings and Passions of it. It cleanseth the Blood exceedingly; and in Spring, if you please to boil the tender Plant (but cut off the Prickles, unless you have a Mind to choak yourself) it will change your Blood as the Season changeth, and that's the way to be safe.

The Woollen, *or* Cotton Thistle.

Descript.] *THIS hath many large Leaves lying upon the Ground, somewhat cut in, and as it were crumpled on the Edges, of a green Colour on the upper Side, but covered over with a long hairy Wool or Cotton Down, set with most sharp and cruel Pricks; from the Middle of whose Heads of Flowers come forth many purplish crimson Threads, and sometimes white, although but seldom. The Seed that followeth in those white downy Heads, is somewhat large and round, resembling the Seed of Lady's Thistle, but paler: The Root is great and thick, spreading much, yet usually dieth after Seed time.*

Place.] It groweth on divers Ditch-Banks, and in the Corn-fields and High-ways, generally throughout the Land, and is often growing in Gardens.

Government and Virtues.] It is a Plant of *Mars*. *Dioscorides* and *Pliny* write, That the Leaves and Roots hereof taken in Drink, help those that have a Crick in their Neck, that they cannot turn it, unless they turn their whole Body. *Galen* saith, That the Roots and Leaves hereof are good for such Persons that have their Bodies drawn together by some Spasm or Convulsion, or other Infirmities; as the Rickets (or as the College of Physicians would have it, *Rachites*, about which Name they have quarrelled sufficiently) in Children, being a Disease that hindereth their Growth, by binding their Nerves, Ligiments, and whole Structure of their Body.

Crick in the Neck, Spasm, Convulsions, Rickets.

The Fuller's-Thistle, *or* Teasle.

IT is so well known, that it needs no Description, being used with the Cloth-workers.

The

The wild Teaſle is in all things like the former, but that the Prickles are ſmall, ſoft, and upright, not hooked or ſtiff, and the Flowers of this are of a fine blueiſh, or pale Carnation Colour, but of the manured Kind, whitiſh.

Place.] The firſt groweth, being ſown, in Gardens or Fields for the Uſe of Cloth-workers: The other near Ditches and Rills of Water in many Places of this Land.

Time.] They flower in *July*, and are ripe in the End of *Auguſt*.

Government and Virtues.] It is an Herb of *Venus*. *Dioſcorides* ſaith, That the Root bruiſed and boiled in Wine, till it be thick, and kept in a Brazen Veſſel or Pot, and after ſpread as a Slave, and applied to the Fundament, doth heal the Cleft thereof; as alſo Cankers and Fiſtula's therein, and alſo taketh away Warts and Wens.

The Juice of the Leaves dropped into the Ears, killeth Worms in them. The diſtilled Water of the Leaves dropped into the Eyes, taketh away Redneſs and Miſts in them, that hinder the Sight, and is often uſed by Women to preſerve their Beauty, and to take away Redneſs and Inflammations, and all other Heat or Diſcolourings.

Fiſtula's; Warts, Clefts, Cankers, Wens, Worms in the Ears, Sight, Redneſs in the Face, Inflammation.

Treacle-Muſtard.

Deſcript.] IT riſeth with a hard round Stalk, about a Foot high, parted into ſome Branches, having divers ſoft green Leaves, long and narrow ſet thereon, waved, but not cut into the Edges, broadeſt towards the Ends, ſomewhat round pointed; the Flowers are white that grow at the Tops of the Branches, Spike-faſhion, one above another; after which come round Pouches, parted in the Middle with a Furrow, having one blackiſh brown Seed on either Side, ſomewhat ſharp in Taſte, and ſmelling of Garlick, eſpecially in the Fields where it is natural, but not ſo much in Gardens: The Roots are ſmall and thready, periſhing every Year.

Give me Leave here to add Mithridate-Muſtard, although it may ſeem more properly by the Name to belong to M. in the Alphabet.

Mithridate-Muſtard.

Deſcript.] *THIS groweth higher than the former, ſpreading more and higher branches, whoſe Leaves are*

smaller and narrower, sometimes unevenly dented about the Edges. The Flowers are small and white, growing on long Branches, with much smaller and rounder Vessels after them, and parted in the same Manner, having smaller brown Seeds, than the former, and much sharper in Taste. The Root perisheth after Seed-time, but abideth the first Winter after springing.

Place.] They grow in sundry Places in this Land, as half a Mile from *Hatfield*, by the River side, under a Hedge as you go to *Hatfield*, and in the Street of *Peckham* on *Surrey* Side.

Time] They flower and seed from *May* to *August*.

Government and Virtues.] Both of them are Herbs of *Mars*. The Mustards are said to purge the Body both upwards and downwards, and procureth Women's Courses so abundantly, that it suffocateth the Birth. It breaketh inward Impostbumes, being taken inwardly; and used in Clysters, helpeth the Sciatica. The Seed applied, doth the same. It is an especial Ingredient unto Mithridate and Treacle, being of itself an Antidote resisting Poison, Venom and Putrefaction. It is also available in many Cases for which the common Mustard is used, but somewhat weaker.

Purge the Body, Terms provokes, Impostbumes, Sciatica, Poison, Venom, Putrefaction.

The Black-Thorn, *or* Sloe-Bush.

IT is so well known, thas it needeth no Description.

Place.] It groweth in every County in the Hedges and Borders of Fields.

Time.] It flowereth in *April*, and sometimes in *March*, but ripeneth the Fruit after all other Plumbs whatsoever, and is not fit to be eaten until the Autumn Frost mellow them.

Government and Virtues.] All the Parts of the Sloe-Bush are binding, cooling and dry, and all effectual to stay Bleeding at the Nose and Mouth, or any other Place; the Lask of the Belly or Stomach, or the Bloody-Flux, the too much abounding of Women's Courses, and helpeth to ease the Pains of the Sides, Bowels and Guts, that come by over much scowering, to

Binds, Cools, Dries, Bleeding, Flux.

to drink the Decoction of the Bark of the Roots or more ufually the Decoction of the Berries, either freſh or dried. The Conſerve alſo is of very much Uſe, and more familiarly taken for the Purpoſe aforeſaid. But the diſtilled Water of the Flowers firſt ſteeped in Sack for a Night, and drawn therefrom by the Heat of *Balneum, Anglicè*, a Bath, is a moſt certain Remedy, tried and approved, to eaſe all Manner of Gnawings in the Stomach, the Sides and Bowels, or any gripeing Pains in any of them, to drink a ſmall Quantity when the Extremity of Pain is upon them. The Leaves alſo are good to make Lotions to gargle and waſh the Mouth and Throat wherein are Swellings, Sores, or Kernels; and to ſtay the Defluxions of Rheum to the Eyes, or other Parts; as alſo to cool the Heat and Inflammations of them, and to eaſe hot Pains of the Head, to bathe the Forehead and Temples therewith. The ſimple diſtilled Water of the Flowers is very effectual for the ſaid Purpoſes, and the condenſate Juice of the Slocs. The diſtilled Water of the green Berries is uſed alſo for the ſaid Effects.

Gnawing in the Bowels and Stomach, ſore Mouth and Throat.

Thorough-Wax, *or* Thorough-Leaf.

Deſcript.] COmmon Thorough-Wax ſendeth forth a ſtraight round Stalk, two Foot high, or better, whoſe lower Leaves being of a blueiſh Colour, are ſmaller and narrower than thoſe up higher, and ſtand cloſe thereto, not compaſſing it; but as they grow higher, they do more encompaſs the Stalks, until it wholly paſs through them, branching towards the Top into many Parts, where the Leaves grow ſmaller again, every one ſtanding ſingly, and never two at a Joint. The Flowers are ſmall and yellow, ſtanding in Tufts at the Heads of the Branches, where afterwards grow the Seed, being blackiſh, many thick, thruſt together. The Root is ſmall, long and woody, periſhing every Year, after Seed time, and riſing again plentifully of its own ſowing.

Place.] It is found growing in many Corn-fields and Paſture-Grounds in this Land.

Time.] It flowereth in *July*, and the Seed is ripe in *Auguſt*.

Government and Virtues.] Both this and the former are under the Influence of *Saturn*. Thorough-Wax is of ſingular good

Uſe

Uſe for all ſorts of Bruiſes and Wounds either inward or outward; and old Ulcers and Sores likewiſe, if the Decoction of the Herb with Water and Wine be drunk, and the Place waſhed therewith, or the Juice of the green Herb bruiſed, or boiled, either by itſelf, or with other Herbs, in Oil or Hog's Greaſe, to be made into an Ointment to ſerve all the Year. The Decoction of the Herb, or Powder of the dried Herb, taken inwardly, and the ſame, or the Leaves bruiſed, and applied outwardly, is ſingularly good for all Ruptures and Burſtings, eſpecially in Children, before they be too old. Being applied with a little Flour and Wax to Children's Navels that ſtick forth, it helpeth them.

Bruiſes, Wounds, Ulcers, Ruptures, Navel ſticking out.

Thyme.

IT is in vain to deſcribe an Herb ſo commonly known. *Government and Virtues.*] It is a noble Strengthener of the Lungs, as notable a one as grows; neither is there ſcarce a better Remedy growing, for that Diſeaſe in Children, which they commonly call the Chin-Cough, than it is. It purgeth the Body of Phlegm, and is an excellent Remedy for Shortneſs of Breath. It kills Worms in the Belly, and being a notable Herb of *Venus*, provokes the Terms, gives ſafe and ſpeedy Delivery to Women in Travail, and brings away the After-birth. It is ſo harmleſs you need not fear the Uſe of it. An Ointment made of it takes away hot Swellings and Warts, helps the Sciatica and Dulneſs of Sight, and takes away Pains and Hardneſs of the Spleen: 'Tis excellent good for thoſe that are troubled with the Gout; as alſo to anoint the Cods that are ſwelled. It eaſeth Pains in the Loins and Hips. The Herb taken any way inwardly, comforts the Stomach much, and expels Wind.

Lungs, the Chin-Cough, Phlegm, Shortneſs of Breath, Worms, Terms provokes, ſafe and ſpeedy Delivery to Women in Travail, After-birth, hot Swellings, Warts, Sciatica, Sight, Spleen, Gout, Cods ſwelled, Loins and Hips, Stomach, expels Wind.

Wild-Thyme, *or* Mother of Thyme.

WILD-THYME alſo is ſo well known, that it needeth no Deſcription.

Place.] It may be found commonly in Commons, and other barren Places throughout the Nation.

Government and Virtues.] This is alfo under the Dominion of *Venus*, though under the Sign of *Aries*; and therefore chiefly appropriated to the Head. It provoketh Urine and the Terms, and eafeth the griping Pain of the Belly, Cramps, Ruptures, and Inflammation of the Liver. If you make a Vinegar of the Herb, as Vinegar of Rofes is made (you may find out the way in my Tranflation of the *London Difpenfatory*) and anoint the Head with it, it prefently ftops the Pains thereof. It is excellent good to be given either in a Phrenfy or Lethargy, although they are two contrary Difeafes: it helps Spitting and Piffing of Blood, Coughing, and Vomiting; it comforts and ftrengthens the Head, Stomach, Reins, and Womb, expels Wind, and breaks the Stone.

Urine provokes, Terms provokes, Pains and Griping of the Belly, Cramps, Ruptures, Inflammations, Liver, Pains of the Head, Frenzies, Lethargies, Blood, Coughing, Vomiting, Head ftrengtheneth, Stomach, Reigns, Womb, Wind, Stone.

Tormentil, *or* Septfoil.

Defcript.] THIS hath reddifh, flender, weak Branches rifing from the Root, lying on the Ground, rather leaning than ftanding upright, with many fhort Leaves that ftand clofer to the Stalks than Cinquefoil (to which this is very like) with the Footftalk compaffing the Branches in feveral Places; but thofe that grow to the Ground are fet upon long Footftalks, each whereof are like the Leaves of Cinquefoil, but fomewhat long and leffer, dented about the Edges, many of them divided but into five Leaves, but moft of them into feven, whence it is alfo called Septfoil; yet fome may have fix, and fome eight, according to the Fertility of the Soil. At the Tops of the Branches ftand divers fmall yellow Flowers, confifting of five Leaves, like thofe of Cinquefoil, but fmaller. The Root is fmaller than Biftort, fomewhat thick, but blacker without, and not fo red within, yet fometimes a little crooked, having blackifh Fibres thereat.

Place.] It groweth as well in Woods and fhadowy Places, as in the open Champion Country, about the Borders of Fields in many Places of this Land, and almoft in every Broom Field in *Eflex*.

Time.]

Time.] It flowereth all the Summer long.

Government and Virtues.] This is a gallant Herb of the *Sun.* Tormentil is moſt excellent to ſtay all Kind of Fluxes of Blood or Humours in Man or Woman, whether at Nose, Mouth, or Belly, or any Wind in the Veins, or elſewhere. The Juice of the Herb or Root, taken in Drink, not only reſiſteth all Poiſon and Venom of any Creature, but of the Plague itſelf, and Peſtilential Fevers, and contagious Diſeaſes, as the Pox, Meaſles, Purples, *&c.* expelling the Venom and Infection from the Heart by Sweating. If the green Root be not at hand to be had, the Powder of the dry Root is as effectual, a Drachm thereof being taken every Morning. The Decoction likewiſe of the Herb and Roots made in Wine and drunk worketh the ſame Effect; and ſo the diſtilled Water of the Herb and Root, being ſteeped in Wine for a Night, and then diſtilled *in Balneo Mariæ.* The Water thus diſtilled, taken with ſome *Venice* Treacle, and the Party preſently laid to ſweat, certainly (with God's Help) expels any Venom or Poiſon, or the Plague, Fever, *&c.* for it is an Ingredient of ſpecial reſpect in all Antidotes or Counter Poiſons. There is not found any Root more effectual to help any Flux of the Belly, Stomach, Spleen, or Blood, than this, to be taken inwardly, or applied outwardly. The Juice taken doth wonderfully open Obſtructions of the Liver and Lungs, and thereby in a ſhort Space helpeth the Yellow-Jaundice; ſome uſe to make Cakes hereof as well to ſtay all Fluxes, as to reſtrain all Cholerick Belchings, and much Vomitings, with Loathings in the Stomach. The Powder of the dried Root made up with the White of an Egg, and baked upon an hot Tile, will do it. *Andreas Valeſius* is of Opinion, that the Decoction of this Root is no leſs effectual to cure the *French*-Pox, than *Guaiacum* or *China*; and it is not unlikely, becauſe it ſo mightily reſiſteth Putrefaction. *Lobel* ſaith, that *Fondelitius* uſed it as *Hermodactyls* for Joint-aches; the Powder alſo or Decoction to be drunk, or to ſit therein as a Bath, is an aſſured Remedy againſt

Flux, Bleedings, Veins cut, Terms ſtops, Fevers, Peſtilence, Small-Pox, Meaſles, Purples, Poiſon, Spleen, Blood inflamed, Liver, Lungs, Yellow Jaundice, French-Pox, Miſcarriges, Diabetes, Worms, Rupture, Toothach, Wounds, Sores, Hurt, Gout, ſcabby Head.

againſt Abortion in Women, if it proceed from the over Flexibility, or Weakneſs of the inward retentive Faculty; as alſo a Plaiſter made therewith, and Vinegar applied to the Reins of the Back, doth much help not only this, but alſo thoſe that cannot hold their Water, the Powder being taken in the Juice of Plantain, and is alſo commended againſt the Worms in Children. It is very powerful in Ruptures and Burſtings, as alſo for Bruiſes and Falls, to be uſed as well outwardly as inwardly. The Root hereof made up with Pellitory of *Spain* and Allum, and put into an hollow Tooth, not only aſſwageth the Pain, but ſlayeth the Flux of Humours which cauſeth it. Tormentil is no leſs effectual and powerful a Remedy againſt outward Wounds, Sores and Hurts, than for inward, and is therefore a ſpecial Ingredient meet to be uſed in Wound-drinks, Lotions and Injections, for foul corrupt rotten Sores and Ulcers of the Mouth, Secrets, or other Parts of the Body. And to put either the Juice or Powder of the Root in ſuch Ointments, Plaiſters, and ſuch things that are to be applied to Wounds or Sores. It alſo diſſolveth all Knots, Kernels, and Hardneſs, gathered about the Ears and Throat, and Jaws, and the King's Evil, if the Leaves and Roots be bruiſed and applied thereto. The ſame alſo eaſeth the Pain of the Sciatica or Hip Gout, by reſtraining the ſharp Humours that flow thereto. The Juice of the Leaves and the Root uſed with a little Vinegar, is alſo a ſpecial Remedy againſt the running Sores of the Head or other Parts; Scabs alſo, and the Itch, or any ſuch Eruptions in the Skin, proceeding of ſalt and ſharp Humours. The ſame is alſo effectual for the Piles, or Hæmorrhoids, if they be waſhed or bathed therewith, or with the diſtilled Water of the Herb and Roots. It is found alſo helpful to dry up any ſharp Rheum that diſtilleth from the Head into the Eyes, cauſing Redneſs, Pain, Waterings, Itching, or the like, if a little prepared *Tutia*, or White Amber, be uſed with the diſtilled Water thereof. Many Women uſe this Water as a Secret to help themſelves and others, when they are troubled with too much flowing of the Whites or Reds, both to drink it, or inject it with a Syringe. And here's enough; only remember the *Sun* challengeth the Herb.

Turnſole,

Turnfole, *or* Heliotropium.

Defcript.] THE greater Turnfole rifeth with one upright Stalk, about a Foot high, or more, dividing itfelf almoft from the Bottom, into divers fmall Branches, of a hoary Colour; at each Joint of the Stalk and Branches grow fmall broad Leaves, fomewhat white or hoary. At the Tops of the Stalks and Branches ftand fmall white Flowers, conſiſting of four, and fometimes five fmall Leaves, fet in Order one above another, upon a fmall crooked Spike, which turneth inward like a bowed Finger, opening by degrees as the Flowers blow open; after which in their Places come forth corner'd Seed, four for the moft Part ftanding together; the Root is fmall and thready, periſhing every Year, and the Seed fhedding every Year, raiſeth it again the next Spring.

Place.] It groweth in Gardens, and flowereth and feedeth with us in *England*, notwithſtanding it is not natural to this Land, but to *Italy*, *Spain*, and *France*, where it grows plentifully.

Government and Virtues.] 'Tis an Herb of the *Sun*, and a good one too. *Dioſcorides* ſaith, That a good Handful of this, which is called the Great Turnfole, boiled in Water, and drunk, purgeth both Choler and Phlegm; and boiled with Cummin, helpeth the Stone in the Reins, Kidneys, or Bladder, provoketh Urine and Womens Courſes, and cauſeth an eaſy and ſpeedy Delivery in Childbirth. The Leaves bruiſed and applied to Places pained with the Gout, or that have been out of Joint, and newly ſet, are full of Pain, do give much Eaſe; the Seed and Juice of the Leaves alſo being rubbed with a little Salt upon Warts or Wens, and other Kernels in the Face, Eye-lids, or any other Part of the Body, will by often uſing, take them away.

Choler, Phlegm, Stone, Dyſury, Terms provokes, Gout, Warts, Wens, Diſjunctures.

Meadow-Trefoil, *or* Honey-Suckles.

IT is ſo well known, eſpecially by the Name of Honey-Suckles, White and Red, that I need not deſcribe them.

Place.] They grow almoſt every where in the Land.

Government and Virtues.] *Mercury* hath Dominion over the common Sorts. *Dodoneus* ſaith, The Leaves and Flowers are good to eaſe the griping Pains of the Gout, the Herb being

being boiled and used in a Clyster. If the Herb be made into a Poultice, and applied to Inflammations, it will ease them. The Juice dropped in the Eyes, is a familiar Medicine, with many Country People, to take away the Pin and Web (as they call it) in the Eyes; it also allayeth the Heat and Blood-shooting of them. Country People do also in many Places drink the Juice thereof against the biting of an Adder; and having boiled the Herb in Water, they first wash the Place with the Decoction, and then lay some of the Herb also to the hurt Place. The Herb also boiled in Swine's Grease, and so made into an Ointment, is good to apply to the biting of any venomous Creatures. The Herb also bruised and heated between Tiles, and applied hot to the Share, causeth them to make Water who had it stopt before. It is held likewise to be good for Wounds, and to take away Seed. The Decoction of the Herb and Flowers, with the Seed and Root, taken for some Time helpeth Women that are troubled with the Whites. The Seed and Flowers boiled in Water, and after made into a Poultice with some Oil, and applied, helpeth hard Swellings and Impost-humes.

Belly-achs, Inflammations, Pin and Web, Eyes.

Venomous Beasts, Dysury, Wounds, Shares, Whites, Swellings, Impostumes.

Heart-Trefoil.

BEsides the ordinary Sort of Trefoil, here are two more remarkable, and one of which may probably be called Heart-Trefoil, not only because the Leaf is Triangular, like the Heart of a Man, but also because each Leaf contains the perfect Icon of a Heart, and that in its proper Colour, *viz.* a Flesh-colour.

Place.] It groweth in a Field between *Long-ford* and *Bow*, and also beyond *Southwark* toward *Croydon*, both by the High-way and Parts adjacent.

Government and Virtues.] It is under the Dominion of the *Sun*, and if it were used, it would be found as great a Strengthener of the Heart, and Cherisher of the vital Spirits, as grows, relieving the Body against Fainting, and

Heart strengtheneth, vital Spirits, Fainting, Swooning, Poison, Pestilence, evil Vapours.

Swoonings,

Swoonings, fortifying it againſt Poiſon and Peſtilence, and defending the Heart againſt the noiſome Vapours of the Spleen.

Pearl Trefoyle.

IT differs not from the common Sort, ſave only in this one Particular, it hath a white Spot in the Leaf like a Pearl, It is particularly under the Dominion of the *Moon*, and its Icon ſheweth that it is of ſingular Virtue againſt the Pearl, or Pin and Web in the Eyes.

Pin and Web in the Eyes.

Tutſan, *or* Park-Leaves.

Deſcript.] IT hath browniſh ſhining round Stalks, creſted the Length thereof, riſing two by two, and ſometimes three Foot high, branching forth even from the Bottom, having divers Joints, and at each of them two fair large Leaves ſtanding, of a dark blueiſh green Colour on the upper Side, and of a yelloſh green underneath, turning reddiſh towards *Autumn*. At the Tops of the Stalks ſtand large yellow Flowers, and Heads with Seed, which being greeniſh at the firſt, and afterwards reddiſh, turn to be of a blackiſh purple Colour when they are ripe, with ſmall browniſh Seed within them, and they yield a reddiſh Juice or Liquor, ſomewhat roſinous, and of a harſh and ſtyptick Taſte, as the Leaves alſo and the Flowers be, altho' much leſs, but do not yield ſuch a clear Claret Wine Colour as ſome ſay it doth; the Root is browniſh, ſomewhat great, hard and woody, ſpreading well in the Ground.

Place.] It groweth in many Woods, Groves, and woody Grounds, as Parks and Foreſts, and by Hedge-ſides in many Places in this Land, as in *Hamſtead* Wood; by *Ratley* in *Eſſex*, in the Wild of *Kent*, and in many other Places needleſs to recite.

Time.] It flowereth later than St. *John*'s or St *Peter's-wort*.

Government and Virtues.] It is an Herb of *Saturn*, and a moſt noble Antivenerean. *Tutſan* purgeth Cholerick Humours, as St. *Peter's-wort* is ſaid to do, for therein it worketh the ſame Effects, both to help the Sciatica and Gout, and to heal burning by Fire; it ſtayeth all the Bleeding of Wounds,

Choler, Sciatica, Gout, Burnings. Bleedings, Wounds, Ulcers.

if

if either the green Herb be bruifed, or the Powder of the dry be applied thereunto. It hath been accounted, and certainly it is, a fovereign Herb to heal either Wound or Sore, either outwardly or inwardly, and therefore always ufed in Drinks, Lotions, Balms, Oils, Ointments, or any other Sorts of green Wounds, or old Ulcers or Sores, in all which the continual Experience of former Ages hath confirmed the Ufe thereof to be admirable good, though it be not fo much in Ufe now, as when Phyficians and Chirurgeons were fo Wife as to ufe Herbs more than now they do.

Garden Valerian.

Defcript.] THIS hath a thick fhort greyifh Root, lying for the moft Part above Ground, fhooting forth on all Sides other fuch like fmall Pieces of Roots, which have all of them many long, great Strings and Fibres under them in the Ground, whereby it draweth Nourifhment. From the Head of thefe Roots fpring up many green Leaves, which at firft are fomewhat broad and long, without any Divifions at all in them, or denting on the Edges; but thofe that rife up after, are more and more divided on each Side, fome to the middle Rib, being winged, as made of many Leaves together on a Stalk, and thofe upon a Stalk, in like manner more divided, but fmaller towards the Top than below; the Stalk rifeth to be a Yard high or more, fometimes branched at the Top, with many fmall whitifh Flowers, fometimes dafhed over at the Edges with a pale purplifh Colour, of a little Scent; which paffing away, there followeth fmall browniih white Seed, that is eafily carried away with the Wind. The Root fmelleth more ftrong than either Leaf or Flower, and is of more Ufe in Medicines.

Place.] It is generally kept with us in our Gardens.

Time.] It flowereth in *June* and *July*, and continueth flowering until the Froft pull it down.

Government and Virtues.] This alfo is under the Influence of *Mercury*. *Diofcorides* faith, that the *Garden Valerian* hath a warming Faculty, and that being dried and given to drink it provoketh Urine, and helpeth the Strangury. The Decoction thereof taken, doth the like alfo, and taketh away Pains of the Sides, provoketh Womens Courfes,

Dyfury, Strangury, Stitch, Terms provokes, Breaft, fhort Wind, Cough, Phlegm, Peftilence, Wind.

Courfes, and is ufed in Antidotes. *Pliny* faith, That the Powder of the Root given in drink, or the Decoction thereof taken, helpeth all Stoppings and Stranglings in any Part of the Body, whether they proceed of Pains in the Cheft, or Sides, and taketh them away. The Root of Valerian boiled with Liquorice, Raifins and Anniſeed, is ſingular good for thoſe that are ſhort-winded, and for thoſe that are troubled with the Cough, and helpeth to open the Paſſages, and to expectorate Phlegm eaſily. It is given to thoſe that are bitten or ſtung by any venomous Creature, being boiled in Wine. It is of a ſpecial Virtue againſt the Plague, the Decoction thereof being drunk, and the Root being uſed to ſmell to. It helpeth to expel the Wind in the Belly. The green Herb with the Root taken freſh, being bruiſed and applied to the Head, taketh away the Pains and Prickings there, ſtayeth Rheum and thin Diſtillations, and being boiled in White Wine, and a Drop thereof put into the Eye, taketh away the Dimneſs of the Sight, or any Pin or Web therein: It is of excellent Property to heal any inward Sores or Wounds, and alſo for outward Hurts or Wounds, and drawing away Splinters or Thorns out of Fleſh.

Head-ach, Eyes, Pin and Web, Wounds, Splinters, Thorns.

Vervain.

Deſcript.] *THE common* Vervain *hath ſomewhat long broad Leaves next the Ground deeply gaſhed about the Edges, and ſome only deeply dented, or cut all alike, of a blackiſh green Colour on the upper Side, ſomewhat grey underneath. The Stalk is ſquare, branched into ſeveral Parts, riſing about two Foot high, eſpecially if you reckon the long Spike of Flowers at the Tops of them, which are ſet on all Sides one above another, and ſometimes two or three together, being ſmall and gaping, of a blue Colour, and white intermixt, after which come ſmall round Seed, in ſmall and ſomewhat long Heads: The Root is ſmall and long, but of no Uſe.*

Place.] It groweth generally throughout this Land in divers Places, by the Hedges and Way-ſides, and other waſte Grounds.

Time.] It flowereth about *July*, and the Seed is ripe ſoon after.

Govern-

Government and Virtues.] This is alfo an Herb of *Venus*, and an excellent Herb for the Womb, to ftrengthen it, and remedy all the cold Griefs of it, as Plantain doth the hot; the Herb bruifed and hung about the Neck, helps the Head-ach. Vervain is hot and dry, biting, opening Obftructions, cleanfing and healing; it helpeth the Yellow Jaundice, the Dropfy, and the Gout, the Defects of the Reins and Lungs, and generally all inward Pains and Torments of the Body, the Leaves being boiled and drunk. The fame is held to be good againft the biting of Serpents, and other venomous Beafts; and againft the Plague, and both Tertian and Quartan Agues, killeth and expelleth Worms in the Belly, and caufeth a good Colour in the Face and Body, ftrengtheneth as well as correcteth the Diftafes of the Liver and Spleen, is very effectual in all Diftafes of the Stomach and Lungs, Cough, Shortnefs of Breath, and Wheezings, and is fingular good againft the Dropfy, to be drunk with fome Peony-feed bruifed and put thereto, and is no lefs prevalent for the Defects of the Reins and Bladder, to cleanfe them of thofe Humours that engender the Stone, and helpeth to break the Stone, and to expel Gravel. It confolidateth and healeth alfo all Wounds, both inward and outward, and ftayeth Bleedings, and ufed with fome Honey, healeth all old Ulcers and Fiftula's in the Legs, or other Parts of the Body; as alfo thofe Ulcers that happen in the Mouth, or ufed with Hog's-greafe, it helpeth the Swellings and Pains of the Secret Parts in Man or Woman, as alfo for the Piles or Hemorrhoids; applied with fome Oil of Rofes and Vinegar unto the Forehead and Temples, it eafeth the inveterate Pains and Ach of the Head, and is good for thofe that are frantick. The Leaves bruifed, or the Juice of them mixed with fome Vinegar, doth wonderfully cleanfe the Skin, and taketh away Morphew, Freckles, Fiftula's, and other fuch like Inflammations and Deformities of the Skin in any Part of the Body. The diftilled Water of the Herb when it is in full Strength, dropped into the Eyes, cleanfeth them from Films, Clouds, or Mifts, that darken the Sight, and wonder-

Obftructions, Cleanfing, Healing, Yellow Jaundice, venomous Beafts, Peftilence, Agues, Worms, Cough, Shortnefs of Breath, Wheezings, Stone, Gravel, Reins, Bladder, Womb, Dropfy, Bleeding, Wound, Ulcers, Fiftula's, Head-ach, Frenzy, Morphew, Freckles, Eyes.

wonderfully ſtrengthen the Optick Nerves: The ſaid Water is very powerful in all Diſeaſes aforeſaid, either inward or outward, whether they be old corroding Sores, or green Wounds.

The Vine.

THE Leaves of the *Engliſh* Vine (I do not mean to ſend you to the *Canaries* for a Medicine) being boiled, make a good Lotion for ſore Mouths; being boiled with Barley-Meal into a Poultice, it cools Inflammations of Wounds; the dropping of the Vine, when it is cut in the Spring, which Country People call Tears, being boiled in a Syrup, with Sugar, and taken inwardly, is excellent to ſtay Womens Longings after every thing they ſee, which is a Diſeaſe many Women with Child are ſubject to. The Decoction of Vine-Leaves, in White Wine, doth the like: Alſo the Tears of the Vine, drunk, two or three Spoonfuls at a Time, breaks the Stone in the Bladder. This is a very good Remedy, and it is diſcreetly done, to kill a Vine to cure a Man; but the Salt of the Leaves are held to be better. The Aſhes of the burnt Branches will make Teeth that are as black as a Coal, to be as white as Snow, if you but every Morning rub them with it. It is a moſt gallant Tree of the *Sun*, very ſympathetical with the Body of Man, and that is the Reaſon Spirit of Wine is the greateſt Cordial among all Vegetables.

Sore Mouths, Inflammations, Womens Longings, Stone, Teeth-black.

Violets.

BOTH the Tame and the Wild are ſo well known, that they need no Deſcription.

Time.] They flower until the End of *July*, but are beſt in *March*, and the Beginning of *April*.

Government and Virtues.] They are a fine, pleaſing Plant, of *Venus*, of a mild Nature, no way harmful. All the Violets are cold and moiſt while they are freſh and green, and are uſed to cool any Heat, or Diſtemperature of the Body, either inwardly or outwardly, as Inflammations in the

Inflammation, Eyes, Womb, Head-ach, Choler, Quinſy, Falling-ſickneſs, Swellings, Pleuriſy, Phlegm, Hoarſeneſs, Throat, Back, Reins, Bladder, Thirſt, Heart.

the Eyes, in the Matrix or Fundament, in Impofthumes alfo, and hot Swellings, to drink the Decoction of the Leaves and Flowers made with Water in Wine, or to apply them Poultice-wife to the grieved Places: It likewife eafeth Pains in the Head, caufed through want of Sleep; or any other Pains arifing of Heat, being applied in the fame Manner, or with Oil of Rofes. A Dram Weight of the dried Leaves or Flowers of Violets, but the Leaves more ftrongly, doth purge the Body of Choleric Humours, and aftwageth the Heat, being taken in a Draught of Wine, or any other Drink; the Powder of the Purple Leaves of the Flowers, only picked and dried, and drunk in Water, is faid to help the Quinfy, and the Falling-ficknefs in Children, efpecially in the Beginning of the Difeafe. The Flowers of the White Violets ripen and diffolve Swellings. The Herb or Flower, while they are freth, or the Flowers when they are dry, are effectual in the Pleurify, and all Difeafes of the Lungs, to lenify the Sharpnefs of hot Rheums, and the Hoarfenefs of the Throat, the Heat alfo and Sharpnefs of Urine, and all the Pains of the Back or Reins, and Bladder. It is good alfo for the Liver and the Jaundice, and all hot Agues, to cool the Heat, and quench the Thirft; but the Syrup of Violets is of moft Ufe, and of better Effect, being taken in fome convenient Liquor; and if a little of the Juice or Syrup of Lemons be put to it, or a few Drops of the Oil of Vitriol, it is made thereby the more powerful to cool the Heat, and quench the Thirft, and giveth to the Drink a Claret-wine Colour, and a fine tart Reliih, pleafing the Taffe. Violets taken, or made up with Honey, do more cleanfe and cool, and with Sugar contrary-wife. The dried Flowers of Violets are accounted amongft the Cordial-Drinks, Powders, and other Medicines, efpecially where cooling Cordials are neceffary. The green Leaves are ufed with other Herbs to make Plaifters and Poultices for Inflammations and Swellings, and to eafe all Pains whatfoever, arifing of Heat, and for the Piles alfo, being fried with Yolks of Eggs, and applied thereto.

Viper's Buglofs.

Defcript.] *THIS hath many long rough Leaves lying on the Ground, from among which arife up divers hard round Stalks, very rough, as if they were thick fet with Prickles*

or

or Hairs, whereon are ſet ſuch like rough, hairy. or prickly ſad green Leaves, ſomewhat narrow; the midale Rib for the moſt part being white. The Flowers ſtand at the Top of the Stalk, branched forth in many long-ſpiked Leaves of Flowers, bowing or turning like the Turnſole, all opening for the moſt part on the one Side, which are long and hollow, turning up the Brims a little, of a purpliſh Violet Colour in them that are fully blown, but more reddiſh while they are in the Bud, as alſo upon their Decay and Withering; but in ſome Places of a paler purple Colour, with a long Pointel in the Middle, feathered or parted at the Top. After the Flowers are fallen, the Seeds growing to be ripe, are blackiſh, cornered and pointed ſomwhat like the Head of a Viper. The Root is ſomewhat great and blackiſh, and woolly, when it groweth toward Seed-time, and periſheth in the Winter.

There is another Sort, little differing from the former, only in this, that it beareth white Flowers.

Place] The firſt groweth wild almoſt every where. That with white Flowers about the Caſtle-Walls in *Lewes* in *Suſſex*.

Time] They flower in Summer, and their Seed is ripe quickly after.

Government and Virtues.] It is a moſt gallant Herb of the *Sun*; it is a pity it is no more in Uſe than it is. It is an eſpecial Remedy againſt the biting of the Viper, and all other venomous Beaſts or Serpents; as alſo againſt Poiſon, or poiſonful Herbs. *Dioſcorides*, and others, ſay, That whoſoever ſhall take of the Herb or Root before they be bitten, ſhall not be hurt by the Poiſon of any Serpent. The Root or Seed is thought to be moſt effectual to comfort the Heart, and expel Sadneſs, or cauſeleſs Melancholy; it tempers the Blood, and allayeth hot Fits of Agues. The Seed drunk in Wine, procureth abundance of Milk in Womens Breaſts. The ſame alſo being taken, eaſeth the Pains in the Loins, Back, and Kidneys. The diſtilled Water of the Herb when it is in Flower, or its chief Strength, is excellent to be applied either inwardly or outwardly, for all the Griefs aforeſaid. There is a Syrup made hereof very effectual for the comforting the Heart, and expelling Sadneſs and Melancholy.

Venomous Beaſts, Poiſon, Heart, Sadneſs. Melancholy, Agues, Milk.

Loins, Back, Kidneys.

Wall-

Wall-Flowers, *or* Winter-Gilliflowers.

THE Garden-kind are ſo well known, that they need no Deſcription.

Deſcript.] *The common ſingle Wall-flowers, which grow wild abroad, have ſundry, ſmall, long, narrow, and dark green Leaves, ſet without Order upon ſmall, round, whitiſh woody Stalks, which bear at the Tops divers ſingle yellow Flowers one above another, every one bearing four Leaves a-piece, and of a very ſweet Scent; after which come long Pods, containing a reddiſh Seed. The Roots are white, hard, and thready.*

Place.] It groweth upon Church-Walls, and old Walls of many Houſes, and other Stone-Walls in divers Places: The other Sort in Gardens only.

Time.] All the ſingle Kinds do flower many Times in the End of Autumn; and if the Winter be mild, all the Winter long, but eſpecially in the Months of *February*, *March*, and *April*, and until the Heat of the Spring do ſpend them. But the double Kinds continue not flowering in that Manner all the Year long, altho' they flower very early ſometimes, and in ſome Places very late.

Government and Virtues.] The *Moon* rules them. *Galen*, in his Seventh Book of Simple Medicines, ſaith, That the Yellow Wall-flowers work more powerfully than any of the other Kinds, and are therefore of more Uſe in Phyſick. It cleanſeth the Blood, and freeth the Liver and Reins from Obſtructions, provoketh Womens Courſes, expelleth the Secundine, and the dead Child; helpeth the Hardneſs and Pains of the Mother, and of the Spleen alſo; ſtayeth Inflammations and Swellings, comforteth and ſtrengthneth any weak Part, or out of Joint; helpeth to cleanſe the Eyes from Miſtineſs and Films on them, and to cleanſe the filthy Ulcers in the Mouth, or any other Part, and is a ſingular Remedy for the Gout, and all Aches and Pains in the Joints and Sinews. A Conſerve made of the Flowers, is uſed for a Remedy both for the Apoplexy and Palſy.

Obſtructions, Liver, Terms provokes, After-birth, Child, Spleen, Weakneſs, Disjuncture, Gout, Sinews, Apoplexy, Palſy.

The Walnut-Tree.

IT is ſo well known, that it needeth no Deſcription.

Time.] It bloſſometh early before the Leaves come forth, and the Fruit is ripe in *September*.

Government and Virtues.] This alſo is a Plant of the *Sun*. Let the Fruit of it be gathered accordingly, which you ſhall find to be of moſt Virtues whilſt they are green, before they have Shells. The Bark of the Tree doth bind and dry very much, and the Leaves are much of the ſame Temperature; but the Leaves, when they are older, are heating and drying in the ſecond Degree, and harder of Digeſtion than when they are freſh, which by Reaſon of their Sweetneſs, are more pleaſing, and better digeſting in the Stomach; and taken with ſweet Wine, they move the Belly downwards, but being old, they grieve the Stomach; and in hot Bodies cauſe the Choler to abound, and the Head-ach, and are an Enemy to thoſe that have the Cough; but are leſs hurtful to thoſe that have a colder Stomach, and are ſaid to kill the broad Worms in the Belly or Stomach. If they be taken with Onions, Salt and Honey, they help the biting of a mad Dog, or the Venom, or infectious Poiſon of any Beaſt, *&c.* *Cneius Pompeius* found in the Treaſury of *Mithridates*, King of *Pontus*, when he was overthrown, a Scroll of his own Hand-writing, containing a Medicine againſt any Poiſon and Infection; which is this: Take two dry Walnuts, and as many good Figs, and twenty Leaves of Rue, bruiſed and beaten together with two or three Corns of Salt and twenty Juniper-Berries, which taken every Morning faſting, preſerveth from Danger of Poiſon and Infection that Day it is taken. The Juice of the other green Huſks boiled with Honey, is an excellent Gargle for ſore Mouths, or the Heat and Inflammations in the Throat and Stomach. The Kernels, when they grow old, are more oily, and therefore not fit to be eaten, but are then uſed to heal the Wounds of the Sinews, Gangrenes and Carbuncles. The ſaid Kernels being burned, are then very aſtringent, and will

Binds, Dries, Worms, Poiſon, Epidemic Diſeaſes, Inflammations in the Throat, Wounds of the Sinews, Gangrenes, Carbuncles, Flux, Terms ſtops, Baldneſs, Quinſy, Tooth-ach, Cholick, Mother, Wind, Agues, Deafneſs, Ears.

will ſtay Laſks and Womens Courſes, being taken in Red-Wine; and ſtay the falling of the Hair, and make it fair, being anointed with Oil and Wine. The green Huſks will do the like, being uſed in the ſame Manner. The Kernels beaten with Rue and Wine, being applied, helpeth the Quinſy; and bruiſed with ſome Honey, and applied to the Ears, eaſeth the Pains and Inflammations of them. A Piece of the green Huſks put into a hollow Tooth, eaſeth the Pain. The Catkins hereof, taken before they fall off, dried, and given a Drachm thereof in Powder with White-Wine, wonderfully helpeth thoſe that are troubled with the Riſing of the Mother. The Oil that is preſſed out of the Kernels, is very profitably taken inwardly like Oil of Almonds, to help the Cholick, and to expel Wind very effectually; an Ounce or two thereof may be taken at any Time. The young green Nuts taken before they be half ripe, and preſerved with Sugar, are of good Uſe for thoſe that have weak Stomachs, or Defluxions thereon. The diſtilled Water of the green Huſks, before they be half ripe, is of excellent Uſe to cool the Heat of Agues, being drunk an Ounce or two at a Time; as alſo to reſiſt the Infection of the Plague, if ſome of the ſame be alſo applied to the Sores thereof. The ſame alſo cooleth the Heat of green Wounds and old Ulcers, and healeth them, being bathed therewith. The diſtilled Water of the green Huſks being ripe, when they are ſhelled from the Nuts, being drunk with a little Vinegar, is alſo found by Experience, to be good for thoſe that are infected with the Plague, ſo as before the taking thereof a Vein be opened. The ſaid Water is very good againſt the Quinſy, being gargled and bathed therewith, and wonderfully helpeth Deafneſs, the Noiſe and other Pains in the Ears. The diſtilled Water of the young green Leaves in the End of *May*, performeth a ſingular Cure on foul running Ulcers and Sores, to be bathed, with wet Cloths or Spunges applied to them every Morning.

Wold, Weld, *or* Dyer's-Weed.

THE common Kind groweth buſhing with many Leaves, long, narrow and flat upon the Ground, of a dark blueiſh green Colour, ſomewhat like unto Woad, but nothing ſo large,

a little crumpled, and as it were round-pointed, which do ſo abide the firſt Year; and the next Spring, from among them, riſe up divers round Stalks, two or three Foot high, beſet with many ſuch like Leaves thereon, but ſmaller, and ſhooting forth ſome ſmall Branches, which with the Stalks carry many ſmall yellow Flowers, in a long ſpiked Head at the Top of them, where afterwards come the Seed, which is ſmall and black, incloſed in Heads that are divided at the Tops into four Parts. The Root is long, white, and thick, abiding the Winter. The whole Herb changeth to be yellow, after it hath been in Flower a while.

Place.] It groweth every where by the Way-ſides, in moiſt Grounds as well as dry, in Corners of Fields and By-Lanes, and ſometimes all over the Field. In *Suſſex* and *Kent* they call it *Green-Weed.*

Time.] It flowereth about *June.*

Government and Virtues.] *Matthiolus* ſaith, That the Root hereof cutteth tough Phlegm, digeſteth raw Phlegm, thinneth groſs Humours, diſſolveth hard Tumours, and openeth Obſtructions. Some do highly commend it againſt the Bitings of venomous Creatures, to be taken inwardly and applied outwardly to the hurt Place; as alſo for the Plague or Peſtilence. The People in ſome Counties of this Land, do uſe to bruiſe the Herb, and lay it to Cuts or Wounds in the Hands or Legs, to heal them.

Phlegm, Humours, Tumour, Venemous Beaſts, Peſtilence, Wounds.

Wheat.

ALL the ſeveral Kinds hereof are ſo well known unto almoſt all People, that it is altogether needleſs to write a Deſcription thereof.

Government and Virtues.] It is under *Venus*. *Dioſcorides* ſaith, That to eat the Corn of green Wheat is hurtful to the Stomach, and breedeth Worms. *Pliny* ſaith, That the Corns of Wheat, roaſted upon an Iron Pan, and eaten, are a preſent Remedy for thoſe that are chilled with Cold.

The Oil preſſed from Wheat, between two thick Plates of Iron, or Copper heated, healeth all Tetters and Ring-worms, being uſed warm; and hereby *Galen* faith,

Cold, Tetters, Ring-worms, Ulcers, Chops in the Hands and Feet, mad Dogs, Eyes, King's-Evil,

faith, He hath known many to be cured. *Matthiolus* commendeth the ſame to be put into hollow Ulcers, to heal them up, and it is good for Chops in the Hands and Feet, and to make rugged Skin ſmooth. The green Corns of Wheat being chewed, and applied to the Place bitten by a mad Dog, heal it; Slices of Wheat-Bread ſoaked in Red Roſe water, and applied to the Eyes that are hot, red and inflamed, or blood-ſhotten, helpeth them. Hot Bread applied for an Hour, at Times, for three Days together, perfectly healeth the Kernels in the Throat, commonly called the King's Evil. The Flower of Wheat mixed with the Juice of Henbane, ſtay the Flux of Humours to the Joints, being laid thereon. The ſaid Meal boiled in Vinegar, helpeth the Shrinking of the Sinews, ſaith *Pliny*; and mixed with Vinegar, and boiled together, healeth all Freckles, Spots and Pimples on the Face. Wheat Flower, mixed with the Yolk of an Egg, Honey and Turpentine, doth draw, cleanſe and heal any Boil, Plague-ſore, or foul Ulcer. The Bran of Wheat Meal ſteeped in ſharp Vinegar, and then bound in a Linnen-Cloth, and rubbed on thoſe Places that have the Scurf, Morphew, Scabs or Leproſy, will take them away, the Body being firſt well purged and prepared. The Decoction of the Bran of Wheat or Barley, is of good Uſe to bathe thoſe Places that are burſten by a Rupture; and the ſaid Bran boiled in good Vinegar, and applied to ſwollen Breaſts, helpeth them, and ſtayeth all Inflammations. It helpeth alſo the biting of Vipers (which I take to be no other than our *Engliſh* Adder) and all other Venomous Creatures. The Leaves of Wheat-meal, applied with ſome Salt, take away Hardneſs of the Skin, Warts, and hard Knots in the Fleſh. Starch moiſtened with Roſe water, and laid to the Cods, taketh away their Itching. Wafers put in Water, and drunk, ſtayeth the Laſks and Bloody-Flux, and are profitably uſed both inwardly and outwardly for the Ruptures in Children. Boiled in Water unto a thick Jelly, and taken, it ſtayeth ſpitting Blood; and boiled with Mint and Butter, it helpeth the Hoarſeneſs of the Throat.

Sinews, Peſtilence, Scabs, Leproſy, Venomous Beaſt, Cods, Hoarſeneſs.

The Willow-Tree.

THESE are ſo well known that they need no Deſcription; I ſhall therefore only ſhew you the Virtues thereof.

Government and Virtues.] The *Moon* owns it. Both the Leaves, Bark, and the Seed, are uſed to ſtanch Bleeding of Wounds, and at Mouth and Noſe, ſpitting of Blood, and other Fluxes of Blood in Man or Woman, and to ſtay Vomiting, and Provocation thereunto, if the Decoction of them in Wine be drunk. It helpeth alſo to ſtay thin, hot, ſharp, ſalt Diſtillations from the Head upon the Lungs, cauſing a Conſumption. The Leaves bruiſed with ſome Pepper, and drunk in Wine, helps much the Wind Cholick. The Leaves bruiſed and boiled in Wine, and drunk, ſtayeth the Heat of Luſt in Man or Woman, and quite extinguiſheth it, if it be long uſed: The Seed is alſo of the ſame Effect. The Water that is gathered from the Willow, when it flowereth, the Bark being ſlit, and a Veſſel fitting to receive it, is very good for Redneſs and Dimneſs of Sight, or Films that grow over the Eyes, and ſtay the Rheums that fall into them; to provoke Urine, being ſtopped, if it be drunk; to clear the Face and Skin from Spots and Diſcolourings. *Galen* ſaith, The Flowers have an admirable Faculty in drying up Humours, being a Medicine without any Sharpneſs or Corroſion; you may boil them in White-wine, and drink as much as you will (ſo you drink not yourſelf drunk). The Bark works the ſame Effects, if uſed in the ſame Manner, and the Tree hath always a Bark upon it, though not always Flowers; the burnt Aſhes of the Bark being mixed with Vinegar, takes away Warts, Corns, and ſuperfluous Fleſh, being applied to the Place. The Decoction of the Leaves or Bark in Wine, takes away Scurf and Dandruf by waſhing the Place with it. 'Tis a fine cool Tree, the Boughs of which are very convenient to be placed in the Chamber of one ſick of a Fever.

Stanch Bleeding, ſpitting of Blood, Fluxes of Blood, Vomiting, Diſtillations on the Lungs, Wind Cholick, Heat of Luſt, Dimneſs of Sight, and other Diſeaſes in the Eyes, clear the Face, dry up Humours, Warts, Corns and ſuperfluous Fleſh, Scurf or Dandruf, Fever.

Woad.

Deſcript.] *IT hath divers large Leaves, long, and ſomewhat broad withal, like thoſe of the greater Plantain, but larger, thicker, of a greeniſh Colour, ſomewhat blue withal. From among which Leaves riſeth up a luſty Stalk, three or four Foot high, with divers Leaves ſet thereon; the higher the Stalk riſeth, the ſmaller are the Leaves; at the Top it ſpreadeth divers Branches, at the End of which appear very pretty, little yellow Flowers, and after they paſs away like other Flowers of the Fields, come Huſks, long and ſomewhat flat withal; in Form, they reſemble a Tongue, in Colour, they are black, and they hang bobbing downwards. The Seed contained within theſe Huſks (if it be a little chewed) give an azure Colour. The Root is white and long.*

Place.] It is ſowed in Fields for the Benefit of it, where thoſe that ſow it, cut it three times a Year.

Time.] It flowers in *June*, but it is long after before the Seed is ripe.

Government and Virtues.] It is a cold and dry Plant of *Saturn*. Some People affirm the Plant to be deſtructive to Bees, which, if it be, I cannot help it. They ſay, it poſſeſſeth the Bees with the Flux, but that I can hardly believe, unleſs Bees be contrary to other Creatures: I ſhould rather think it poſſeſſeth them with the contrary Diſeaſe, the Herb being exceeding dry and binding. However, if any Bees be diſeaſed thereby, the Cure is to ſet Urine by them, but ſet it in ſuch a Veſſel, that they cannot drown themſelves, which may be remedied, if you put Pieces of Cork in it. I told you before, The Herb was drying and binding, and ſo drying and binding, that it is not fit to be given inwardly. An Ointment made thereof ſtancheth Bleeding. A Plaiſter made thereof, and applied to the Region of the Spleen (and I pray you take Notice, That the Spleen lies on the Left-ſide) takes away the Hardneſs and Pains thereof. The Ointment is excellent good in ſuch Ulcers as abound with Moiſture, and takes away the corroding and fretting Humours: It cools Inflammations, quencheth St. *Anthony*'s Fire, and ſtayeth Defluxions of the Blood to any Part of the Body.

Bleeding, Spleen, Ulcers, Inflammations, St. Anthony's Fire, Defluxions of Blood.

Woodbine, *or* Honey-Suckles.

IT is a Plant fo common, that every one that hath Eyes knows it, and he that hath none, cannot read a Defcription, if I fhould write it.

Time.] They flower in *June*, and the Fruit is ripe in *Auguft.*

Government and Virtues.] Doctor *Tradition*, that grand Introducer of Errors, that Hater of Truth, that Lover of Folly, and that mortal Foe to Doctor *Reafon*, hath taught the common People to ufe the Leaves or Flowers of this Plant in Mouth-water, and by long Continuance of Time, hath fo grounded it in the Brains of the Vulgar, that you cannot beat it out with a Beetle: All Mouth-waters ought to be cooling and drying, but Honey-Suckles are cleanfing, confuming and digefting, and therefore no way fit for Inflammations; thus Dr. *Reafon.* Again, if you pleafe, we will leave Dr. *Reafon* a while, and come to Doctor *Experience*, a learned Gentleman, and his Brother: Take a Leaf and chew it in your Mouth, and you will quickly find it likelier to caufe a fore Mouth and Throat than to cure it. Well then, if it be not good for this, What is it good for? It is good for fomething, for God and Nature made Nothing in vain: It is an Herb of *Mercury*, and appropriated to the Lungs; the Celeftial *Crab* claims Dominion over it; neither is it a Foe to the *Lion*; if the Lungs be afflicted by *Jupiter*, this is your Cure: It is fitting a Conferve made of the Flowers of it, were kept in every Gentlewoman's Houfe; I know no better Cure for an Afthma than this; befides it takes away the Evil of the Spleen, provokes Urine, procures fpeedy Delivery of Women in Travail, helps Cramp, Convulfions, and Palfies, and whatfoever Griefs come of Cold or Stopping; if you pleafe to make ufe of it in an Ointment it will clear your Skin of Morphew, Freckles, and Sun-burnings, or whatever elfe difcolours it, and then the Maids will love it. I have done when I have told you what Authors fay, and cavilled a little with them; they fay, The Flowers are of more Effect than the Leaves, and that's true; but

Lungs afflicted, Afthma, Spleen, provokes Urine, and fpeedy Delivery in Child-birth, Cramps, Convulfions & Palfies, Freckles and Sun-burning.

but they say the Seeds are least effectual of all. But Doctor *Reason* told me, That there was a vital Spirit in every Seed to beget its like; and Dr. *Experience* told me, That there was a greater Heat in the Seed than there was in any other Part of the Plant; and withal, That Heat was the Mother of Action, and then judge if old Dr. *Tradition* (who may well be honoured for his Age, but not for his Goodness) hath not so poisoned the World with Errors before I was born, that it was never well in its Wits since, and there is great Fear it will die mad.

Wormwood.

THREE Wormwoods are familiar with us; one I shall not describe, another I shall describe, and the third be critical at; and I care not greatly if I begin with the last first.

Sea-Wormwood hath gotten as many Names as Virtues, (and perhaps one more) *Seriphian*, *Santonican*, *Belchion*, *Narbinense*, *Santonicon*, *Misneule*, and a Matter of Twenty more which I shall not blot Paper withal. A Papist got the Toy by the End, and he called it *Holy Wormwood*; and in Truth, I am of Opinion, their giving so much Holiness to Herbs, is the Reason there remains so little in themselves. The Seed of this Wormwood is that which usually Women give their Children for the Worms: Of all Wormwoods that grow here, this is the weakest, but Doctors commend it, and Apothecaries sell it; the one must keep his Credit, and the other get Money, and that is the Key of the Work. The Herb is good for something, because God made Nothing in vain: Will you give me Leave to weigh Things in the Balance of Reason? Then thus: The Seeds of the common Wormwood are far more prevalent than the Seeds of this, to expel Worms in Children, or People of ripe Age; of both, some are weak, some are strong. The *Seriphian* Wormwood is the weakest, and haply may prove to be fittest for the weak Bodies. (For it is weak enough of all Conscience.) Let such as are strong take the common Wormwood, for the others will do but little Good. Again, near the Sea many People live, and *Seriphian* grows near them, and therefore is more fitting for their Bodies, because nourished by the same Air; and this I had from Dr.

Reaſon. In whoſe Body Dr. *Reaſon* dwells not, dwells Dr *Madneſs*, and he brings in his Brethren, Dr. *Ignorance*, Dr. *Folly*, and Dr. *Sickneſs*, and theſe together make way for *Death*, and the latter End of that Man is worſe than the beginning. Pride was the Cauſe of *Adam*'s Fall; Pride begat a Daughter I do not know the Father of it, unleſs the Devil, but ſhe chriſtened it, and called it *Appetite*, and ſent her Daughter to taſte theſe Wormwoods, who finding this the leaſt Bitter, made the ſqueamiſh Wench extol it to the Skies, though the Virtues of it never reached to the Middle Region of the Air. Its due Praiſe is this; It is weakeſt, therefore fitteſt for weak Bodies, and fitter for thoſe Bodies that dwell near it, than thoſe that live far from it; my Reaſon is, The Sea (thoſe that ive far from it, know when they come near it) caſteth not ſuch a Smell as the Land doth. The tender Mercies of God being over all his Works, hath by his Eternal Providence planted *Seriphian* by the Sea-ſide, as a fit Medicine for the Bodies of thoſe that live near it. Laſtly, It is known to all that know any Thing in the Courſe of Nature, that the Liver delights in ſweet Things, if ſo, it abhors bitter; then, if your Liver be weak, it is none of the wiſeſt Courſes to plague it with an Enemy. If the Liver be weak, a Conſumption follows; Would you know the Reaſon? 'Tis this, A Man's Fleſh is repaired by Blood, by a third Concoction, which tranſmutes Blood into the Fleſh, 'tis well I ſaid, (Concoction) ſay I, if I had ſaid (Boiling) every Cook would have underſtood me. The Liver makes Blood, and if it be weakened that it makes not enough, the Fleſh waſteth; and why muſt Fleſh always be renewed? Becauſe the Eternal God, when he made the Creation, made one Part of it in continual Dependency upon another: And why did he ſo? Becauſe himſelf only is permanent; to teach us, That we ſhould not fix our Affections upon what is tranſitory, but upon what endures for ever. The Reſult of all this is, if the Liver be weak and cannot make Blood enough (I would have ſaid Sanguify, if I had written only to Scholars) the *Seriphian*, which is the weakeſt of Wormwoods, is better than the beſt. I have been critical enough, if not too much.

Place.] It grows familiarly in *England*, by the Sea-ſide.

Deſcript.]

Deſcript.] *IT ſtarts up out of the Earth, with many round, woody, hairy Stalks from one Root. Its Height is four Foot high, or three at leaſt. The Leaves in Longitudae are long, in Latitude narrow, in Colour white, in Form hoary, in Similitude like Southernwood, only broader and longer; in Taſte rather ſalt than bitter, becauſe it grows ſo near the Salt-water: At the Joints, with the Leaves towards the Tops it bears little yellow Flowers. The Root lies deep, and is woody.*

Common Wormwood I ſhall not deſcribe; for every Boy that can eat an Egg knows it.

Roman Wormwood; and why *Roman*, ſeeing it grows familiarly in *England?* It may be it was ſo called, becauſe 'tis good for a ſtinking Breath, which the *Romans* cannot be very free from, maintaining ſo many Bawdy-Houſes by Authority of his Holineſs.

Deſcript.] *THE Stalks are ſlender, and ſhorter than the common Wormwood by one Foot at leaſt; the Leaves are more finely cut and divided than they are, but ſomething ſmaller; both Leaves and Stalks are hoary, the Flowers of a pale yellow Colour; it is altogether like the common Wormwood, ſave only in Bigneſs, for it is ſmaller; in Taſte, for it is not ſo bitter; in Smell, for it is ſpicy.*

Place.] It groweth upon the Tops of the Mountains (it ſeems, 'tis aſpiring) there 'tis Natural, but uſually nurſed up in Gardens for the Uſe of the Apothecaries in *London.*

Time.] All Wormwoods uſually flower in *Auguſt*, a little ſooner or later.

Government and Virtues.] Will you give me Leave to be critical a little? I muſt take Leave: Wormwood is an Herb of *Mars*, and if *Pontanus* ſay otherwiſe, he is beſide the Bridge, I prove it thus: What delights in Martial Places, is a Martial Herb; but Wormwood delights in Martial Places (for about Forges and Iron Works, you may gather a Cart-load of it) *Ergo*, it is a Martial Herb. It is hot and dry in the firſt Degree, *viz.* Juſt as hot as your Blood, and no hotter. It remedies the Evils Choler can inflict on the Body of Man by Sympathy. It helps the Evils *Venus* and the wanton Boy produce, by Antipathy; and it doth ſomething elſe beſides. It cleanſeth the Body of Choler (and who dares ſay *Mars* doth no Good?)

Choler, Venery, Provokes Urine, Helps Surfeits, Swellings, Appetite loſt, Yellow Jaundice.

Good?) It provokes Urine, helps Surfeits, or Swellings in the Belly; it causeth Appetite to Meat; because *Mars* rules the attractive Faculty in Man: The Sun never shone upon a better Herb for the Yellow Jaundice than this: Why should Men cry out so much upon *Mars* for an Infortunate, (or *Saturn* either?) Did God make Creatures to do the Creation a Mischief? This Herb testifies, That *Mars* is willing to cure all Diseases he causes; the Truth is, *Mars* loves no Cowards, nor *Saturn* Fools, nor I neither. Take of the Flowers of Wormwood, Rosemary, and Black-Thorn, of each a like Quantity, half that Quantity of Saffron; boil this in Rhenish-wine, but put not in the Saffron till it is almost boiled: This is the Way to keep a Man's Body in Health, appointed by *Camerarius*, in his Book, intituled *Hortus Medicus*, and it is a good one too. Besides all this, Wormwood provokes the Terms. I would willingly teach Astrologers, and make them Physicians (if I knew how) for they are most fitting for the Calling; if you will not believe me, ask Doctor *Hippocrates*, and Dr. *Galen*, a couple of Gentlemen that our College of Physicians keep to vapour with, not to follow. In this our Herb, I shall give the Pattern of a Ruler, the Sons of Art rough-cast, yet as near the Truth as the Men of *Benjamin* could throw a Stone: Whereby, my Brethren, the Astrologers, may know by a Penny how a Shilling is coined: As for the College of Physicians, they are too stately to learn, and too proud to continue. They say a Mouse is under the Dominion of the *Moon*, and that is the Reason they feed in the Night; the House of the *Moon* is *Cancer*; Rats are of the same Nature with Mice, but they are a little bigger; *Mars* receives his Fall in *Cancer*, *Ergo*, Wormwood being an Herb of *Mars*, is a present Remedy for the biting of Rats and Mice. Mushrooms (I cannot give them the Title of *Herba*, *Frutex*, or *Arbor*) are under the Dominion of *Saturn*, (and take one Time with another, they do as much harm as good;) if any have poisoned himself by eating them. Wormwood, an Herb of *Mars*, cures him, because *Mars* is exalted in *Capricorn*, the House of *Saturn*,

Preserveth Health, Terms provokes, Biting of Rats, and Mice, Mushrooms, Wheals, Pushes, Black and Blue Spots, Quinsy, Eyes.

turn, and this it doth by Sympathy, as it did the other by Antipathy. Wheals, Puſhes, black and blue Spots, coming either by Bruiſes or Beatings, Wormwood, an Herb of *Mars*, helps, becauſe *Mars*, (as bad as you love him, and as you hate him) will not break your Head, but he will give you a Plaiſter. If he do but teach you to know your-ſelves, his Courteſy is greater than his Diſcourteſy. The greateſt Antipathy between the Planets, is between *Mars* and *Venus*; one is hot, the other cold; one Diurnal, the other Nocturnal; one Dry, the other Moiſt; their Houſes are oppoſite, one Maſculine, the other Feminine; one Public, the other Private; one is Valiant, the other Effeminate; one loves the Light, the other hates it; one loves the Field, the other Sheets; then the Throat is under *Venus*, the Quinſy lies in the Throat, and is an Inflammation there: *Venus* rules the Throat (it being under *Taurus* her Sign) *Mars* e adicates all Diſeaſes in the Throat by hiss Herb (of which Wormwood is one) and ſends them to *Egypt* on an Errand, never to return more, this done by Antipathy. The Eyes are under the Luminaries; the Right-Eye of a Man, and the Left-Eye of a Woman the *Sun* claims Dominion over; the Left-Eye of a Man, and the Right-Eye of a Woman, are Privileges of the *Moon*, Wormwood, an Herb of *Mars*, cures both; what belongs to the *Sun* by Sympathy, becauſe he is exalted in his Houſe; but what belongs to the *Moon* by Antipathy, becauſe he hath his Fall in her's. Suppoſe a Man be bitten or ſtung by a Martial Creature, imagine a Waſp, a Hornet, a Scorpion,

Wormwood, an Herb of *Mars*, giveth you a preſent Cure; then *Mars*, Cholerick as he is, hath learned that Patience, to paſs by your evil Speeches of him, and tells You by my Pen, That he gives You no Affliction, but he gives you a Cure; you need not run to *Apollo*, nor *Æſculapius*; and if he were ſo Cholerick as you make him to be, he would have drawn his Sword for Anger, to ſee the ill Conditions of thoſe People that can ſpy his Vices, and not his Virtues. The Eternal God, when he made *Mars*, made him for publick Good, and the Sons of Men ſhall know it in the latter End of the World. *Et Cælum Mars ſolus habet.* You ſay *Mars* is a Deſtroyer; mix a lit-

As Bitings or Stingings, by venomous Beaſts.

tle Wormwood, an Herb of *Mars*, with your Ink, neither Rats nor Mice touch the Paper written with it, and then *Mars* is a Preſerver. Aſtrologers think *Mars* cauſeth Scabs and Itch, and the Virgins are angry with him, becauſe wanton *Venus* told them he deforms their Skins; but, quoth *Mars*, My only deſire is, they ſhould know themſelves; my Herb Wormwood will reſtore them to the Beauty they formerly had, and in that I will not come an Inch behind my Oppoſite, *Venus*; for which doth the greateſt Evil, he that takes away an innate Beauty, and when he has done, knows how to reſtore it again? Or ſhe that teaches a Company of wanton Laſſes to paint their Faces? If *Mars* be in a Virgin, in the Nativity, they ſay he cauſeth the Cholick (it is well God hath ſet ſome-body to pull down the Pride of Man.) He in the Virgin troubles none with the Cholick, but them that know not themſelves (for who knows himſelf, may eaſily know all the World.) Wormwood, an Herb of *Mars*, is a preſent Cure for it, and whether it be moſt like a Chriſtian to love him for his Good, or hate him for his Evil, judge ye. I had almoſt forgotten, that Charity thinks no Evil. I was once in the *Tower* and viewed the Wardrobe, and there was a great many fine Clothes: (I can give them no other Title, for I was never either Linnen or Woollen Draper) yet as brave as they looked, my Opinion was, that the Moths might conſume them; Moths are under the Dominion of *Mars*, this Herb Wormwood being laid amongſt Clothes, will make a Moth ſcorn to meddle with the Clothes as much as a Lion ſcorns to meddle with a Mouſe, or an Eagle a Fly. You ſay *Mars* is angry, and it is true enough he is angry with many Countrymen for being ſuch Fools to be led by the Noſes, by the College of Phyſicians, as they lead Bears to *Paris Garden*. Melancholy Men cannot endure to be wronged in Point of good Fame, and that doth ſorely trouble old *Saturn*, becauſe they call him the greateſt *Infortune*; in the Body of Man he rules the Spleen, (and that makes covetous Men ſo Splenetick) the poor old Man lies crying out of his Left-ſide. Father *Saturn*'s angry, *Mars* comes to him; Come, Brother, I confeſs thou art evil ſpoken of, and ſo am I; thou knoweſt I have my Exaltation in my Houſe, I give him an Herb of mine,

Spleen.

mine, Wormwood, to cure the poor Man; *Saturn* consented but spoke but little, and so *Mars* cured him by Sympathy. When *Mars* was free from War, (for he loves to be fighting, and is the best Friend a Soldier hath) I say when *Mars* was free from War, he called a Council of War in his own Brain, to know how he should do poor sinful Man good, desiring to forget his Abuses in being called an Infortunate. He musters up his own Forces, and places them in Battalia. Oh! quoth he, Why do I hurt a poor silly Man or Woman? His Angel answers him. It is because they have offended their God, (Look back to *Adam*; Well, says *Mars*, tho' they speak evil of me, I will do good to them) Death's Cold, my Herb shall heat them; they are full of ill Humours (else they would never have spoken ill of me;) my Herb shall cleanse them and dry them; they are poor weak Creatures, my Herb shall strengthen them; they are dull-witted, my Herb shall fortify their Apprehensions; and yet amongst Astrologers all this doth not deserve a good Word: Oh the Patience of *Mars!*

Felix qui potuit rerum cognoscere causas,
Inque domos superum scandere cura fuit.

Oh happy he that can the Knowledge gain,
To know th' Eternal God made nought in vain.

To this I add,

I know the Reason causeth such a Dearth
Of Knowledge; 'tis because Men love the Earth.

The other Day *Mars* told me he met with *Venus*, and he asked her, What the Reason was that she accused him for abusing Women? He never gave them the Pox; in the Dispute they fell out, and in Anger parted, and *Mars* told me that his Brother *Saturn* told him, that an Anti-venerean Medicine was the best against the Pox. Once a Month he meets with the *Moon*. *Mars* is quick enough of Speech, and the *Moon* not much behind-hand, (neither are most Women.) The *Moon* looks much after Children, and Children are much troubled with the Worms; she desired a Medicine of him, he bid her take his own Herb Wormwood. He had no sooner parted with the *Moon*, but he met with *Venus*, and she was as drunk as a Bitch: Alas poor *Venus*, French-*Pox*.

Venus, quoth he; What! thou a Fortune, and be Drunk? I'll give thee an Antipathetical Cure; Take my Herb Wormwood, and thou shall never get a Surfeit by Drinking. A poor silly Countryman hath got an Ague, and cannot go about his Business; he wishes he had it not, and so do I; but I will tell him a Remedy, whereby he shall prevent it: Take the Herb of *Mars*, Wormwood, and if Infortunes will do Good, what will Fortunes do? Some think the Lungs are under *Jupiter*; and if the Lungs, then the Breath, and though sometimes a Man gets a stinking Breath, and yet *Jupiter* is a Fortune, forsooth; up comes *Mars* to him; Come, Brother *Jupiter*, thou knowest I sent thee a couple of Trines to thy House last Night, the one from *Aries*, and the other from *Scorpio*; give me thy Leave by Sympathy to cure this poor Man with drinking a Draught of Wormwood Beer every Morning. The *Moon* was weak the other Day, and she gave a Man two terrible Mischiefs, a dull Brain, and a weak Sight; *Mars* laid by his Sword, and comes to her; Sister *Moon*, said he, this Man hath angered thee, but I beseech thee take Notice he is but a Fool, prithee be patient, I will with my Herb Wormwood cure him of both Infirmities by Antipathy, for thou knowest thou and I cannot agree; with that the *Moon* began to quarrel; *Mars* (not delighting much in Womens Tongues) went away, and did it whether she would or no.

Surfeit, Stinking Breath, Dull Brain, Weak Sight.

He that reads this, and understands what he reads, hath a Jewel more worth than a Diamond; he that understands it not, is as little fit to give Physick. There lies a Key in these Words, which will unlock, (if it be turned by a wise Hand) the *Cabinet of Physick:* I have delivered it as plain as I durst, it is not only upon Wormwood as I wrote, but upon all Plants, Trees and Herbs; he that understands it not, is unfit (in my Opinion) to give Physick. This shall live when I am dead. And thus I leave it to the World, not caring a Farthing whether they like or dislike it. The Grave equals all Men, and therefore shall equal me with all Princes; until which Time the Eternal Providence is over me: Then the ill Tongue of a prating Fellow, or of one that hath more Tongue than Wit, or more Proud than Honest shall never trouble me. *Wisdom is justified of her Children.* And so much for Wormwood.

Yarrow,

Yarrow, *called alſo* Noſe-bleed, Milfoil, *and* Thouſand-Leaf.

Deſcript.] *IT hath many long Leaves ſpread upon the Ground, finely cut, and divided into many ſmall Parts: Its Flowers are White, but not all of a Whiteneſs, and ſtayed in Knots, upon divers green Stalks which riſe from among the Leaves.*

Place.] It is frequent in all Paſtures.

Time.] It flowereth late even in the latter End of *Auguſt.*

Government and Virtues.] It is under the Influence of *Venus.* An Ointment of them cures Wounds, and is moſt fit for ſuch as have Inflammations, it being an Herb of Dame *Venus*; it ſtops the Terms in Women, being boiled in White-wine, and the Decoction drunk; as alſo the Bloody-Flux; the Ointment of it is not only good for green Wounds, but alſo for Ulcers and Fiſtula's, eſpecially ſuch as abound with Moiſture. It ſtays the ſhedding of Hair, the Head being bathed with the Decoction of it; inwardly taken it helps the retentive Faculty of the Stomach; it helps the Running of the Reins in Men, and the Whites in Women, and helps ſuch as cannot hold their Water; and the Leaves chewed in the Mouth eaſeth the Tooth-ach; and theſe Virtues being put together, ſhew the Herb to be drying and binding. *Achilles* is ſuppoſed to be the firſt that left the Virtues of this Herb to Poſterity, having learned them of his Maſter *Chiron* the Centaur: And certainly a very profitable Herb it is in Cramps, and therefore called *Militaris.*

Wounds, Inflammations, Term ſtops, Bloody-Flux, Baldneſs, Ulcers, Fiſtula's, Retentive Faculty, Running of the Reins, Whites, Diabetes, Tooth-ach.

DIRECTIONS.

DIRECTIONS.

HAving in divers Places of this Tratife promifed you the Way of making Syrups, Conferves, Oils, Ointments, &c. of Herbs, Roots, Flowers, &c. whereby you may have them ready for your Ufe at fuch Times when otherwife they cannot be had; I come now to perform what I promifed, and you fhall find me rather better than worfe than my Word.

That this may be done Methodically, I fhall divide my Directions into two Grand Sections, and each Section into feveral Chapters, and then you fhall fee it look with fuch a Countenance as this is,

SECT. I.

Of gathering, drying, and keeping Simples, and their Juices.

Chap. 1. *Of Leaves of Herbs,* &c.
Chap. 2. *Of Flowers.*
Chap. 3. *Of Seeds.*
Chap. 4. *Of Roots.*
Chap. 5. *Of Barks.*
Chap. 6. *Of Juices.*

SECT. II.

Of making and keeping Compounds.

Chap. 1. *Of diftilled Waters.*
Chap. 2. *Of Syrups.*
Chap. 3. *Of Juleps.*
Chap. 4. *Of Decoctions.*
Chap. 5. *Of Oils.*
Chap. 6. *Of Electuaries.*
Chap. 7. *Of Conferves.*
Chap. 8. *Of Preferves.*
Chap. 9. *Of Lohochs.*
Chap. 10. *Of Ointments.*
Chap. 11. *Of Plaifters.*
Chap. 12. *Of Poultices.*
Chap. 13. *Of Troches.*
Chap. 14. *Of Pills.*
Chap. 15. *The way of fitting Medicines to Compound Diffeafes.*
Of all thefe in Order.

SECT.

SECT. I.

The Way of Gathering, and Preſerving Simples and their Juices.

CHAP. I.

Of Leaves of Herbs, or Trees.

OF Leaves, chooſe only ſuch as are green and full of Juice; pick them carefully, and caſt away ſuch as are any way declining, for they will putrify the reſt: So ſhall one Handful be worth ten of thoſe you buy in *Cheapſide*.

2. Note in what Places they moſt delight to grow in, and gather them there; for Betony that grows in the Shade, is far better than that which grows in the Sun, becauſe it delights in the Shade; ſo alſo ſuch Herbs as delight to grow near the Water, let ſuch be gathered as grow near the Water, though haply you may find ſome of them upon dry Ground; the Treatiſe will inform you where every Herb delights to grow.

3. The Leaves of ſuch Herbs as run up to Seed, are not ſo good when they are in Flower as before (ſome few excepted, the Leaves of which are ſeldom or never uſed) in ſuch Caſes, if through Ignorance they were not known, or through Negligence forgotten, you had better take the Top and the Flowers than the Leaf.

4. Dry them well in the Sun, and not in the Shade, as the ſwing of Phyſicians is; for if the Sun draw away the Virtues of the Herb, it muſt needs do the like by Hay, by the ſame Rule, which the Experience of every Country Farmer will explode for a notable Piece of Nonſenſe.

5. Such as are Artiſts in Aſtrology, (and indeed none elſe are fit to make Phyſicians) ſuch I adviſe; let the Planet that governs the Herb be Angular, and the ſtronger the better; if they can, in Herbs of *Saturn*, let *Saturn* be in the Aſcendant; in the Herbs of *Mars*, let *Mars* be in the Mid Heaven, for in thoſe Houſes they delight; let the *Moon* apply to them by good

good Aſpect, and let her not be in the Houſes of her Enemies; if you cannot well ſtay till ſhe apply to them, let her apply to a Planet of the ſame Triplicity; if you cannot wait that Time neither, let her be with a fixed Star of their Nature.

6. Having well dried them put them up in brown Paper, ſewing the Paper up like a Sack, and preſs them not too hard together, and keep them in a dry Place near the Fire.

7. As for the Duration of dried Herbs, a juſt Time cannot be given, let Authors prate their Pleaſure; for,

Firſt, ſuch as grow upon dry Grounds will better keep, than ſuch as grow on moiſt.

Secondly, ſuch Herbs as are full of Juice, will not keep ſo long as ſuch as are drier.

Thirdly, ſuch Herbs as are well dried, will keep longer than ſuch as are ſlack dried.

Yet this I ſay, by this you may know when they are corrupted, *viz.* By their Loſs of Colour, or Smell, or both; and if they be corrupted, Reaſon will tell you that they muſt needs corrupt the Bodies of thoſe People that take them.

8. Gather all Leaves in the Hour of that Planet that governs them.

CHAP. II. *Of Flowers.*

THE Flower, which is the Beauty of the Plant, and of none of the leaſt Uſe in Phyſick, groweth Yearly, and is to be gathered when it is in his Prime.

2. As for the Time of gathering them, let the Planetary Hour, and the Plant they come of, be obſerved, as we ſhewed you in the foregoing Chapter; as for the Time of the Day, let it be when the Sun ſhines upon them, that ſo they may be dry; for if you gather either Flowers or Herbs when they are wet or dewy, they will not keep; and this I forgot before.

3. Dry them well in the Sun, and keep them in Papers near the Fire, as I ſhewed you in the foregoing Chapter.

4. So long as they retain the Colour and Smell, they are good; either of them being gone, ſo is their Virtue alſo.

CHAP.

CHAP. III. *Of Seeds.*

1. THE Seed is that Part of the Plant which is endowed with a vital Faculty to bring forth its like, and it contains potentially the whole Plant in it.

2. As for Place, let them be gathered from the Place where they delight to grow.

3. Let them be full ripe when they are gathered; and forget not the Celeſtial Harmony before mentioned, for I have found by Experience that their Virtues are twice as great at ſuch Times as others; *There is an appointed Time for every Thing under the Sun.*

4. When you have gathered them, dry them a little, and but a little in the Sun before you lay them up.

5. You need not be ſo careful of keeping them ſo near the Fire, as the other before mentioned, becauſe they are fuller of Spirit, and therefore not ſo ſubject to corrupt.

6. As for the Time of their Duration, 'tis palpable they will keep a good many Years; yet this I ſay, they are the beſt the firſt Year, and this I make appear by a good Argument. They will grow the ſooneſt the firſt Year they be ſet, therefore then they are in their Prime, and 'tis an eaſy Matter to renew them Yearly.

CHAP. IV. *Of Roots.*

1. OF Roots, chuſe ſuch as are neither Rotten, nor Worm-eaten, but proper in their Taſte, Colour and Smell; ſuch as exceed neither in Softneſs nor Hardneſs.

2. Give me leave to be a little Critical againſt the vulgar received Opinion, which is, That the Sap falls down into the Roots in the Autumn, and riſes again in the Spring, as Men go to Bed at Night, and riſe in the Morning; and this idle Talk of Untruth is ſo grounded in the Heads, not only of the Vulgar, but alſo of the Learned, that a Man cannot drive it out by Reaſon. I pray let ſuch Sapmongers anſwer me to this Argument. If the Sap falls into the Roots, in the Fall of the Leaf, and lies there all the Winter, then muſt the Root grow only in the Winter, Experience witneſſeth; but the Root grows

not

not at all in the Winter, as the ſame Experience teacheth, but only in the Summer, *Ergo.*

If you ſet an Apple-kernel in the Spring, you ſhall find the Root to grow to a pretty Bigneſs in that Summer, and be not a whit bigger next Spring. What doth the Sap do in the Root all that while, pick Straws? 'tis as rotten as a rotten Poſt.

The Truth is, when the *Sun* declines from the Tropick of *Cancer*, the Sap begins to congeal both in Root and Branch; when he toucheth the Tropick of *Capricorn*, and aſcends to us-ward, it begins to wax thin again, and by Degrees as it congealed. But to proceed,

3. The drier Time you gather the Roots in, the better they are; for they have the leſs excrementitious moiſture in them.

4. Such Roots as are ſoft, your beſt Way is to dry in the Sun, or elſe hang them in the Chimney Corner, upon a String; as for ſuch as are hard, you may dry them any where.

5. Such Roots as are great, will keep longer than ſuch as are ſmall; yet moſt of them will keep a Year.

6. Such Roots as are ſoft, it is your beſt Way to keep them always near the Fire, and to take this general Rule for it; if in Winter Time you find any of your Roots, Herbs or Flowers begin to be moiſt, as many times you ſhall, eſpecially in the Winter-time (for 'tis your beſt Way to look to them once a Month) dry them by a very gentle Fire; or if you can with convenience keep them near the Fire, you may ſave yourſelf the Labour.

7. It is in vain to dry Roots as may commonly be had, as Parſleys, Fennel, Plantain, *&c.* but gather them only for preſent Need.

CHAP. V. *Of Barks.*

1. BArks, which Phyſicians uſe in Medicines, are of theſe Sorts: Of Fruits, of Roots, of Boughs.

2. The Bark of Fruits are to be taken when the Fruit is full ripe, as Oranges, Lemons, *&c.* but becauſe I have nothing to do with Exoticks here, I paſs them without any more Words.

3. The

3. The Barks of Trees are beſt gathered in the Spring, if it be of great Trees, as Oaks, or the like; becauſe then they come eaſier off, and ſo you may dry them if you pleaſe; but indeed the beſt Way is to gather all Barks only for preſent Uſe.

4. As for the Bark of Roots, 'tis this, and thus to be gotten. Take the Roots of ſuch Herbs as have a Pith in them, as Parſley, Fennel, *&c.* ſlit them in the Middle, and when you have taken out the Pith (which you may eaſily and ſoon do) that which remains is called (tho' ſomething improperly) the Bark, and indeed is only to be uſed.

CHAP. VI. *Of Juices.*

1. JUices are to be preſſed out of Herbs when they are Young and Tender, and alſo out of ſome Stalks; and tender Tops of Herbs and Plants, and alſo out of ſome Flowers.

2. Having gathered the Herb, you would preſerve the Juice of, when it is very dry (for otherwiſe the Juice will not be worth a Button) bruiſe it very well in a Stone Mortar with a Wooden Peſtle, then having put it into a Canvas Bag, the Herb I mean, not the Mortar, for that will give but little Juice, preſs it hard in a Preſs; then take the Juice and clarify it.

3. The Manner of clarifying it is this; put it into a Pipkin or Skillet, or ſome ſuch Thing, and ſet it over the Fire, and when the Scum ariſeth, take it off; let it ſtand over the Fire till no more Scum ariſe; when you have your Juice clarified, caſt away the Scum as a Thing of no Uſe.

4. When you have thus clarified it, you have two Ways to preſerve it all the Year.

Firſt, When it is cold, put it into a Glaſs, and put ſo much Oil on it as will cover it to the Thickneſs of two Fingers, the Oil will ſwim at Top, and ſo keep the Air from coming to putrify it; when you intend to uſe it, do no more but ſo; pour out into a Porringer a little more than you intend to uſe, and if any Oil come out with it, (as if the Glaſs be not full, 'tis an hundred to one if there do) you may eaſily ſcum it off with a Spoon, and put the Juice you uſe not, into the Glaſs again, it will quickly ſink under the Oil. This is the firſt Way.

Secondly,

Secondly, The ſecond Way is a little more difficult, and the Juice of Fruits is uſually preſerved this Way: When you have clarified the Juice as before, boil it over the Fire till (being cold) it be of the Thickneſs of Honey: This is moſt commonly uſed for Diſeaſes of the Mouth, and is called *Roba* and *Saba*. And thus much for the firſt Section, the Second follows.

SECT. II.

The Way of making and keeping all neceſſary Compounds.

CHAP. II.

Of Diſtilled Waters.

HItherto we have ſpoke of Medicines which conſiſt in their own Nature, which Authors vulgarly call Simples, though ſomething improperly; for indeed and in truth, nothing is Simple but pure Elements; all Things elſe are compounded of them; we come now to treat of the Artificial Medicines, in the Front of which (becauſe we muſt begin ſomewhere) we ſhall place Diſtilled Waters; in which conſider;

1. Waters are diſtilled out of Herbs, Flowers, Fruits, and Roots.

2. We treat not of Strong Waters, but of cold, as being to act *Galen*'s Part, and not *Paracelſus*.

3. The Herbs ought to be diſtilled when they are in the greateſt Vigour, and ſo ought the Flowers alſo.

4. The Vulgar Way of Diſtillations, which People uſe, becauſe they know no better, is in a Pewter Still; and altho' Diſtilled Waters are the weakeſt of Artificial Medicines, and good for little, unleſs for Mixtures of other Medicines, tho' this may be diſtilled, they are weaker by many Degrees, than they would be, were they diſtilled in Sand. If I thought it not impoſſible to teach you the Way of diſtilling in Sand by Writing, I would attempt it.

5. When

5. When you have diſtilled your Water, put it into a Glaſs, and having bound the Top of it over with a Paper, pricked full of Holes, ſo that the excrementitious and fiery Vapours may exhale, which indeed are they that cauſe that ſettling in diſtilled Waters, called the Mother, which corrupts Waters, and might this way be prevented, cover it cloſe, and keep it for your Uſe.

6. Stopping diſtilled Waters with a Cork, makes them muſty, and ſo will a Paper alſo, if it do but touch the Water; your beſt way then, is to ſtop them with a Bladder, being firſt put in Water, and bound over the Top of the Glaſs.

Such cold Waters as are diſtilled in a Pewter Still (if well kept) will endure a Year; ſuch as are diſtilled in Sand, as they are twice as ſtrong, ſo they endure twice as long.

CHAP. II. *Of Syrups.*

1. A Syrup is a Medicine of a Liquid Form, compoſed of Infuſion, Decoction and Juice. And, 1. For the more grateful Taſte. 2. For the better keeping of it; with a certain Quantity of Honey or Sugar, hereafter mentioned, boiled to the Thickneſs of new Honey.

2. You ſee at the firſt View, That this Aphoriſm divides itſelf into three Branches, which deſerve ſeverally to be treated of; *viz.*

1. *Syrups made by Infuſion.*
2. *Syrups made by Decoction.*
3. *Syrups made by Juice.*

Of each of theſe, (for your Inſtruction's ſake, kind Countrymen and Women) I ſpeak a Word, or two, or three apart.

Firſt, Syrups made by Infuſion, are uſually made of Flowers, and of ſuch Flowers as ſoon loſe their Colour and Strength by boiling, as Roſes, Violets, Peach Flowers, *&c.* My Tranſlation of the *London Diſpenſatory*, will inſtruct you in the reſt. They are thus made; Having picked your Flowers clean, to every Pound of them add three Pound, or three Pints, which you will (for it is all one) of Spring-water, made boiling hot by the Fire; firſt put your Flowers into a Pewter-pot, with a Cover, and pour the Water to them; then ſhutting the Pot, let it ſtand

by the Fire, to keep hot twelve Hours, and ſtrain it out; (in ſuch Syrups as purge, as Damaſk-Roſes, Peach-Flowers, *&c.* the uſual, and indeed the beſt way is to repeat this Infuſion, adding freſh Flowers to the ſame Liquor divers Times, that ſo it may be the ſtronger) having ſtrained it out, put the Infuſion into a Pewter Baſon, or an Earthen one well glazed, and to every Pint of it add two Pound of Sugar, which being only melted over the Fire, without boiling, and ſcummed, will produce you the Syrup you deſire.

Secondly, Syrups made by Decoction are uſually made of Compounds, yet may any ſimple Herb be thus converted into Syrup: Take the Herb, Root or Flowers you would make into a Syrup, and bruiſe it a little; then boil it in a convenient Quantity of Spring-water, the more Water you boil it in, the weaker it will be: A Handful of the Herb or Root, *&c.* is a convenient Quantity for a Pint of Water; boil it till half the Water be conſumed, then let it ſtand till it be almoſt cold, and ſtrain it (being almoſt cold) thro' a woollen Cloth, letting it run out at Leiſure, without preſſing; to every Pint of this Decoction, add one Pound of Sugar, and boil it over the Fire till it come to a Syrup, which you may know, if you now and then cool a little of it in a Spoon: Scum it all the while it boils, and when it is ſufficiently boiled, whilſt it is hot, ſtrain it again through a woollen Cloth, but preſs it not. Thus you have the Syrup perfected.

Thirdly, Syrups made of Juices, are uſually made of ſuch Herbs as are full of Juice, and indeed they are better made into a Syrup this way, than any other; the Operation is thus; Having beaten the Herb in a Stone-Mortar with a wooden Peſtle, preſs out the Juice, and clarify it, as you are taught before in the Juices; then let the Juice boil away till a quarter of it (or near upon) be conſumed; to a Pint of this add a Pound of Sugar, and boil it to a Syrup, always ſcumming it, and when it is boiled enough, ſtrain it through a woollen Cloth, as we taught you before, and keep it for your Uſe.

3. If you make Syrup of Roots that are any thing hard, as Parſley, Fennel, and Graſs-Roots, *&c.* when you have bruiſed them, lay them in ſteep ſome time in that Water which you intend to boil them in, hot, ſo will the Virtue the better come out.

4. Keep

4. Keep your Syrups either in Glaſſes or Stone Pots, and ſtop them not with Cork nor Bladder, unleſs you would have the Glaſs break, and the Syrup loſt; and as many Opinions as there are in this Nation, I ſuppoſe there are but few or none of this, only bind Paper about the Mouth.

5. All Syrups, if well made, continue a Year with ſome Advantage, yet of all, ſuch as are made by Infuſion, keep the leaſt while.

CHAP. III. *Of Juleps.*

1. JULIPS were firſt invented, as I ſuppoſe, in *Arabia*; and my Reaſon is, becauſe the Word *Julep* is an *Arabick* Word.

2. It ſignifies only a pleaſant Potion, as is vulgarly uſed by ſuch as are ſick, and want Help, or ſuch as are in Health, and want no Money to quench Thirſt.

3. Now-a-Days it is commonly uſed,

1. *To prepare the Body for Purgation.*
2. *To open Oſtructions and the Pores.*
3. *To digeſt tough Humours.*
4. *To qualify hot Diſtempers*, &c.

4. It is thus made (I mean ſimple Juleps, for I have Nothing to ſay to Compounds here; all Compounds have as many ſimple Ideas, as Men have Crotchets in their Brains) I ſay, ſimple Juleps are thus made: Take a Pint of ſuch diſtilled Water, as conduces to the Cure of your Diſtemper, which this Treatiſe will plentifully furniſh you withal, to which add two Ounces of Syrup, conducing to the ſame Effect; (I ſhall give you Rules for it in the laſt Chapter) mix them together, and drink a Draught of it at your Pleaſure. If you love tart Things, add ten Drops of Oil of Vitriol to your Pint, and ſhake it together, and it will have a fine grateful Taſte.

5. All Juleps are made for preſent Uſe, and therefore it is in vain to ſpeak of their Duration.

CHAP. IV. *Of Decoctions.*

1. ALL the Difference between Decoctions and Syrups made by Decoction, is this; Syrups are made to keep, Decoctions only for preſent Uſe; for you can hardly

keep a Decoction a Week at any Time; if the Weather be hot, not half ſo long.

2. Decoctions are made of Leaves, Roots, Flowers, Seeds, Fruits of Barks, conducing to the Cure of the Diſeaſe you make them for; in the ſame Manner they are made, as we ſhewed you in Syrups.

3. Decoctions made with Wine laſt longer than ſuch as are made with Water; and if you take your Decoction to cleanſe the Paſſages of the Urine, or open Obſtructions, your beſt way is to make it with White-wine inſtead of Water, becauſe this is penetrating.

4. Decoctions are of moſt Uſe in ſuch Diſeaſes as lie in the Paſſages of the Body; as the Stomach, Bowels, Kidneys, Paſſages of Urine and Bladder, becauſe Decoctions paſs quicker to thoſe Places than any other Form of Medicines.

5. If you will ſweeten your Decoction with Sugar, or any Syrup fit for the Occaſion you take it for, which is better, you may, and no Harm do.

6. If in a Decoction, you boil both Roots, Herbs, Flowers, and Seed together, let the Roots boil a good while firſt, becauſe they retain their Virtue longeſt; then the next in Order by the ſame Rule, *viz.* 1. Barks. 2. The Herbs. 3. The Seeds. 4. The Flowers. 5. The Species, if you put any in, becauſe their Virtues come ſooneſt out.

7. Such Things as by boiling cauſe Slimineſs to a Decoction, as Figs, Quince-Seed Linſeed, *&c.* your beſt way is, after you have bruiſed them, to tie them up in a Linnen Rag, as you tie up a Calf's Brains, and ſo boil them.

8. Keep all Decoctions in a Glaſs cloſe ſtopped, and in the cooler Place you keep them, the longer they will laſt e'er they be ſour.

Laſtly, The uſual Doſe to be given at one Time, is uſually Two, Three, Four, or Five Ounces, according to the Age and Strength of the Patient, the Seaſon of the Year, the Strength of the Medicine, and the Quality of the Diſeaſe.

CHAP.

CHAP. V. *Of Oils.*

OIL Olive, which is commonly know by the Name of Salad Oil, I ſuppoſe, becauſe it is uſually eaten with Salads by them that love it, if it be preſſed out of ripe Olives, according to *Galen*, is temperate, and exceeds in no one Quality.

2. Of Oils, ſome are Simple, and ſome are Compound.

3. Simple Oils, are ſuch as are made of Fruits or Seeds by Expreſſion, as Oil of ſweet and bitter Almonds, Linſeed and Rape-ſeed Oil, *&c.* of which ſee in my *Diſpenſatory*.

4. Compound Oils, are made of Oil of Olives, and other Simples, imagine Herbs, Flowers, Roots, *&c.*

5. The Way of making them is this: Having bruiſed the Herbs or Flowers you would make your Oil of, put them into an Earthen Pot, and to two or three Handfuls of them pour a Pint of Oil, cover the Pot with a Paper, ſet it in the Sun about a Fortnight or leſs, according as the Sun is in Hotneſs; then having warmed it very well by the Fire, preſs out the Herb, *&c.* very hard in a Preſs, and add as many more Herbs to the ſame Oil; bruiſe the Herbs (I mean not the Oil) in like Manner, ſet them in the Sun as before, the oftener you repeat this, the ſtronger your Oil will be; at laſt, when you conceive it ſtrong enough, boil both Herbs and Oil together till the Juice be conſumed, which you may know by its leaving its Bubbling, and the Herbs will be criſp, then ſtrain it while it is hot, and keep it in a Stone or Glaſs Veſſel for your Uſe.

6. As for Chymical Oils, I have nothing to ſay in this Treatiſe.

7. The general Uſe of theſe Oils, is for Pain in the Limbs, Roughneſs of the Skin, the Itch, *&c.* as alſo for Ointments and Plaiſters.

8. If you have Occaſion to uſe it for Wounds or Ulcers, in two Ounces of Oil, diſſolve half an Ounce of Turpentine, the Heat of the Fire will quickly do it; for Oil itſelf is offenſive to Wounds, and the Turpentine qualifies it.

CHAP. VI. *Of Electuaries.*

PHyſicians make more a Quoil than needs, by half, about Electuaries. I ſhall preſcribe but one general Way of making them up; as for the Ingredients, you may vary them as you pleaſe, and according as you find Occaſion by the laſt Chapter.

1. That you may make Electuaries when you need them, it is requiſite that you keep always Herbs, Roots, Seeds, Flowers, *&c.* ready dried in your Houſe, that ſo you may be in a Readineſs to beat them into Powder when you need them.

2. Your better way is to keep them whole than beaten; for being beaten, they are the more ſubject to loſe their Strength; becauſe the Air ſoon penetrates them.

3. If they be not dry enough to beat into Powder when you need them, dry them by a gentle Fire till they are ſo.

4. Having beaten them, ſift them through a fine Tiffany Searce, that ſo there may be no great Pieces found in your Electuary.

5. To one Ounce of your Powder add three Ounces of clarified Honey; this Quantity I hold to be ſufficient, I confeſs Authors differ about it. If you would make more or leſs Electuary, vary your Proportion accordingly.

6. Mix them well together in a Mortar, and take this for a Truth, you cannot mix them too much.

7. The way to clarify Honey, is to ſet it over the Fire in a convenient Veſſel, till the Scum riſe, and when the Scum is taken off, it is clarified.

8. The uſual Doſe of Cordial Electuaries, is from half a Drachm to two Drachms; of purging Electuaries, from half an Ounce to an Ounce.

9. The Manner of keeping them is in a Pot.

10. The Time of taking them, is either in a Morning faſting, and faſting an Hour after them; or at Night going to Bed, three or four Hours after Supper.

CHAP. VII. *Of Conſerves.*

THE way of making Conſerves is two-fold, one of Herbs and Flowers, and the other of Fruits.

2. Conſerves of Herbs, and Flowers, are thus made: If you make your Conſerves of Herbs, as of Scurvy-graſs, Wormwood, Rue, and the like, take only the Leaves and tender Tops (for you may beat your Heart out before you can beat the Stalks ſmall) and having beaten them, weigh them, and to every Pound of them add three Pound of Sugar, beat them very well together in a Mortar, you cannot beat them too much.

3. Conſerve of Fruits, as of Barberries, Sloes, and the like, is thus made. Firſt ſcald the Fruit, then rub the Pulp thro' a thick Hair Sieve made for the Purpoſe, called a Pulping Sieve; you may do it for a need with the back of a Spoon; then take this Pulp thus drawn, and add to it its weight of Sugar, and no more; put it in a Pewter Veſſel, and over a Charcoal Fire; ſtir it up and down till the Sugar be melted, and your Conſerve is made.

4. Thus have you the way of making Conſerves; the way of keeping them is in Earthen Pots.

5. The Doſe is uſually the quantity of a Nutmeg at a time, Morning and Evening, or (unleſs they are Purging) when you pleaſe.

6. Of Conſerves, ſome keep many Years, as Conſerves of Roſes; others but a Year, as Conſerves of Borage, Bugloſs, Cowſlips, and the like.

7. Have a care of the working of ſome conſerves preſently after they are made, look to them once a Day, and ſtir them about; Conſerves of Borage, Bugloſs, Wormwood, have gotten an excellent faculty at that Sport.

8. You may know when your Conſerves are almoſt ſpoiled by this, you ſhall find a hard Cruſt at top with little holes in it, as though Worms had been eating there.

CHAP. VIII. *Of Preſerves.*

OF Preſerves are ſundry Sorts, and the Operations of all being ſomewhat different, we will handle them all apart. Theſe are preſerved with Sugar.

1. *Flowers.*
2. *Fruit.*
3. *Roots.*
4. *Barks.*

1. Flowers are but very ſeldom preſerved; I never ſaw any that I remember, ſave only Cowſlip Flowers, and that was a great faſhion in *Suſſex* when I was a Boy; It is thus done: Firſt, take a flat Glaſs, we call them Jat-Glaſſes; ſtrew in a laying of fine Sugar, on that a laying of Flowers, on that another laying of Sugar, on that another laying of Flowers, ſo do till your Glaſs be full; then tie it over with a Paper, and in a little time you ſhall have very excellent and pleaſant Preſerves.

There is another Way of preſerving Flowers, namely, With Vinegar and Salt, as they pickle Capers and Broom Buds, but becauſe I have little Skill in it myſelf, I cannot teach you.

2. Fruits, as Quinces, and the like, are preſerved two ways.

Firſt, boil them well in Water, and then pulp them through a Sieve, as we ſhewed you before; then with the like Quantity of Sugar, boil the Water they were boiled in into a Syrup, *viz.* A Pound of Sugar to a Pint of Liquor; to every Pound of this Syrup, add four Ounces of the Pulp; then boil it with a very gentle Fire to their right Conſiſtence, which you may eaſily know, if you drop a Drop of it upon a Trencher; if it be enough, it will not ſtick to your Fingers when it is cold.

Secondly, another Way to preſerve Fruits, is this; Firſt, pare off the Rind, then cut them in halves, and take out the Core; then boil them in Water till they are ſoft; if you know when beef is boiled enough, you may eaſily know when they are; then boil the Water with its like Weight of Sugar into

a Syrup; put the Syrup into a Pot, and put the boiled Fruit, as whole as you left it when you cut it into it, and let it remain till you have occaſion to uſe it.

3. Roots are thus preſerv'd; firſt, ſcrape them very clean and cleanſe them from the Pith, if you have any, for ſome Roots have not, as Eringo and the like; boil them in Water till they be ſoft, as we ſhewed you before in the Fruits, then boil the Water you boiled the Root in, into a Syrup, as we ſhewed you before, then keep the Root whole in the Syrup till you uſe them.

4. As for Barks, we have but few come to our Hands to be done, and thoſe, of thoſe few that I can remember, are Oranges, Lemons, Citrons, and the outer Bark of Walnuts which grow without-ſide the Shell, for the Shells themſelves would make but ſcurvy Preſerves; theſe be they I can remember, if there be any more, put them into the Number.

The way of preſerving theſe, is not all one in Authors, for ſome are bitter, ſome are hot; ſuch as are bitter, ſay Authors, muſt be ſoaked in warm Water, oftentimes changing till their bitter Taſte be fled: But I like not this Way, and my Reaſon is this: Becauſe I doubt when their Bitterneſs is gone, ſo is their Virtue alſo; I ſhall then preſcribe one common Way, namely, the ſame with the former, *viz.* Firſt boil them whole till they be ſoft, then make a Syrup with Sugar and the Liquor you boiled them in, and keep the Barks in the Syrup.

5. They are kept in Glaſſes, or in Glaz'd Pots.

6. The preſerv'd Flowers will keep a Year, if you can forbear eating of them; the Roots and Barks much longer.

7. This art was plainly and firſt invented for Delicacy, yet came afterwards to be of excellent Uſe in Phyſick: For,

Firſt, hereby Medicines are made Pleaſant for ſick and queaſy Stomachs, which elſe would loath them.

Secondly, hereby they are preſerv'd from decaying a long Time.

CHAP. IX. *Of Lohochs.*

1. THat which the *Arabians* call *Lohochs*, and the *Greeks Eclegma*, the *Latins* call *Linctus*, and in plain *Engliſh* ſignifies nothing elſe, but a Thing to be lick'd up.

2. Their firſt Invention was to prevent and remedy Afflictions of the Breaſt and Lungs, to cleanſe the Lungs of Phlegm, and make it fit to be caſt out.

3. They are in Body thicker than a Syrup, and not ſo thick as an Electuary.

4. The manner of taking them, is often to take a little with a Liquoriſh Stick, and let it go down at Leiſure.

5. They are eaſily thus made; make a Decoction of pectoral Herbs, and the Treatiſe will furniſh you with enough, and when you have ſtrained it, with twice its Weight of Honey or Sugar, boil it to a *Lohoch*; if you are moleſted with tough Phlegm, Honey is better than Sugar; and if you add a little Vinegar to it, you will do well; if not, I hold Sugar to be better than Honey.

6. It is kept in Pots, and may be kept a Year and longer.

7. It is excellent for Roughneſs of the Wind-pipe, Inflammations of the Lungs, Ulcers in the Lungs, Difficulty of Breath, Aſthma's, Coughs, and Diſtillations of Humours.

CHAP. X. *Of Ointments.*

1. VArious are the Ways of making Ointments, which Authors have left to Poſterity, which I ſhall omit, and quote one which is eaſieſt to be made, and therefore moſt beneficial to People that are ignorant in Phyſick, for whoſe ſake I write this. It is thus done.

Bruiſe thoſe Herbs, Flowers, or Roots, you will make an Ointment of, and to two Handfuls of your bruiſed Herbs add a Pound of Hog's-greaſe dried, or cleanſed from the Skins, beat them very well together in a Stone Mortar with a Wooden Peſtle, then put it in a Stone Pot, (the Herb and Greaſe I mean, not the Mortar) cover it with a Paper, and ſet

ſet it either in the Sun, or ſome other warm Place, three, four, or five Days, that it may melt; then take it out and boil it a little; then whilſt it is hot, ſtrain it out, preſſing it out very hard in a Preſs; to this Greaſe add as many more Herbs bruiſed as before, let them ſtand in like manner as long; then boil them as you did the former; if you think your Ointment be not ſtrong enough, you may do it the third and fourth time; yet this I tell you, the fuller of Juice the Herbs are, the ſooner will your Ointments be ſtrong; the laſt time you boil it, boil it ſo long till your Herbs be criſp, and the Juice conſumed, then ſtrain it, preſſing it hard in a Preſs, and to every Pound of Ointment add two Ounces of Turpentine, and as much Wax, becauſe Greaſe is offenſive to Wounds, as well as Oil.

2. Ointments are vulgarly known to be keptin Pots, and will laſt above a Year, ſome above two Years.

CHAP XI. *Of Plaiſters.*

1. THE *Greeks* made their Plaiſters of divers Simples, and put Metals into moſt of them, if not all; for having reduced their Metals into Powder, they mixed them with that fatty Subſtance whereof the reſt of the Plaiſter conſiſted, whilſt it was yet hot, continually ſtirring it up and down, leſt it ſhould ſink to the Bottom; ſo they continually ſtir'd it till it was ſtiff; then they made it up in Rolls, which when they needed for Uſe, they could melt by Fire again.

2. The *Arabians* made up theirs with Oil and Fat, which needeth not ſo long boiling.

3. The *Greeks* Emplaiſters conſiſted of theſe Ingredients, Metals, Stones, divers Sorts of Earth, Feces, Juices, Liquors, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Roſin, Gums.

CHAP.

CHAP. XII. *Of Poultices.*

1. POultices are thoſe kind of Things which the *Latins* call *Cataplaſmata*, and our Learned Fellows, that if they can read *Engliſh*, that's all, call them *Cataplaſms*, becauſe 'tis a crabbed Word few underſtand; it is indeed a very fine kind of Medicine to ripen Sores.

2. They are made of Herbs and Roots, fitted for the Diſeaſe and Members afflicted, being chopped ſmall, and boiled in Water almoſt to a Jelly; then by adding a little Barley-Meal, or Meal of Lupins, and a little Oil, or rough ſweet Suet, which I hold to be better, ſpread upon a Cloth and applied to the grieved Place.

3. Their Uſe is to eaſe Pains, to break Sores, to cool Inflammations, to diſſolve Hardneſs, to eaſe the Spleen, to concoct Humours, and diſſipate Swellings.

4. I beſeech you take this Caution along with you; uſe no Poultices (if you can help it) that are of an healing Nature, before you have firſt cleanſed the Body, becauſe they are ſubject to draw the Humours to them from every Part of the Body.

CHAP. XIII. *Of Troches.*

1. THE *Latins* call them *Placentula*, or little Cakes, (and you might have ſeen what the *Greeks* call them too, had not the laſt Edition of my *Engliſh Diſpenſatory* been ſo Helliſhly Printed; that's all the Kingdom gets by one Stationer printing another's Copies, *viz.* to plague the Country with falſe Prints, and diſgrace the Author) the *Greeks* τροχίσκοι, κυκλίσκοι, and ἀρτίσκοι; they are uſually little round flat Cakes, or you may make them ſquare if you will.

2. Their firſt Invention was, that Powders being ſo kept, might reſiſt the Intromiſſion of Air, and ſo endure pure the longer.

3. Beſides, they are the eaſier carried in the Pockets of ſuch as travel; as many a Man (for Example) is forced to travel whoſe Stomach is too cold, or at leaſt not ſo hot as it ſhould be, which is moſt proper, for the Stomach is never cold till a Man be dead; in ſuch a Caſe, it is better to carry Troches of Wormwood, or Galangal, in a Paper in his Pocket, and

more convenient by half, than to lug a Gallipot along with him.

4. They are made thus, *At Night when you go to Bed, take two Drams of fine Gum-tragacanth; put it into a Gallipot, and put half a quarter of a Pint of any diſtilled Water fitting for the Purpoſe you would make your Troches for, to it, to cover it, and the next Morning you ſhall find it in ſuch a Jelly as the Phyſicians call Mucilage*: with this you may (with a little Pains taking) make a Powder into Paſte, and that Paſte into Cakes call'd Troches.

5. Having made them, dry them in the Shade, and keep them in a Pot for your Uſe.

CHAP. XIV. *Of Pills.*

1. THEY are called *Pilulæ*, becauſe they reſemble little Balls; the *Greeks* call them *Catapotia*.

2. It is the Opinion of Modern Phyſicians, that this Way of making Medicines, was invented only to deceive the Palate, that ſo by ſwallowing them down whole, the Bitterneſs of the Medicine might not be perceived, or at leaſt it might not be unſufferable; and indeed moſt of their Pills, tho' not all, are very bitter.

3. I am of a clean contrary Opinion to this; I rather think they were done up in this hard Form, that ſo they might be the longer in digeſting; and my Opinion is grounded upon Reaſon too, not upon Fancy or Hear-ſay. The firſt Invention of Pills was to purge the Head; now as I told you before, ſuch Infirmities as lie near the Paſſages, were beſt removed by Decoctions, becauſe they paſs to the grieved Part ſooneſt; ſo here, if the Infirmity lies in the Head, or any other remote Part, the beſt way is to uſe Pills, becauſe they are longer in Digeſtion, and therefore the better able to call the offending Humour to them.

4. If I ſhould tell you here a long Tale of Medicines working by Sympathy and Antipathy, you would not underſtand a Word of it; they that are ſet to make Phyſicians may find it in the Treatiſe: All Modern Phyſicians know not what belongs to a Sympathetical Cure, no more than a Cuckow what belongs to Flats and Sharps in Muſick; but follow the vulgar Road, and call it a hidden Quality, becauſe 'tis hidden from the Eyes of Dunces, and indeed none but Aſtrologers can

give

give a Reaſon for it; and Phyſick without Reaſon, is like a Pudding without Fat.

5. The Way to make Pills is very eaſy, for with the Help of a Peſtle and Mortar, and a little Diligence, you may make any Powder into Pills, either with Syrup, or the Jelly I told you before.

CAP. ult. *The Way of mixing Medicines, according to the Cauſe of the Diſeaſe, and Part of the Body afflicted.*

THIS being indeed the Key of the Work, I ſhall be ſomewhat the more diligent in it. I ſhall deliver myſelf thus:

1. *To the Vulgar.*

2. *To ſuch as ſtudy Aſtrology; or ſuch as ſtudy Phyſick aſtrologically.*

Firſt, To the Vulgar: Kind Souls, I am ſorry it hath been your hard Miſhap, to have been ſo long trained in ſuch *Egyptian* Darkneſs, even Darkneſs which to your Sorrow may be felt: The vulgar Road of Phyſick is not my Practice, and I am therefore the more unfit to give you Advice, and I have now * publiſhed a little Book which will fully inſtruct you not only in the Knowledge of your own Bodies, but alſo in fit Medicines to remedy each Part of it when afflicted; in the mean Seaſon take theſe few Rules to ſtay your Stomachs.

* Galen's *Art of Phyſick.*

1. With the Diſeaſe, regard the Cauſe, and the Part of the Body afflicted; for Example, ſuppoſe a Woman be ſubject to miſcarry, through Wind; thus do:

1. Look Abortion in the Table of Diſeaſes, and you ſhall be directed by that, how many Herbs prevent Miſcarriage.

2. Look Wind in the ſame Table, and you ſhall ſee how many of thoſe Herbs expel Wind.

Theſe are the Herbs Medicinal for your Grief.

2. In all Diſeaſes, ſtrengthen the Part of the Body afflicted.

3. In mix'd Diſeaſes there lies ſome Difficulty, for ſome times two Parts of the Body are afflicted with contrary Humours, as ſometimes the Liver is afflicted with Choler and Water, as when a Man hath both the Dropſy and the Yellow Jaundice; and this is uſually mortal.

In

In the former, Suppoſe the Brain be too cold and moiſt, and the Liver be too hot and dry; thus do.

1. Keep your Head outwardly warm.
2. Accuſtom yourſelf to ſmell of hot Herbs.
3. Take a Pill that heats the Head at Night going to Bed.
4. In the Morning take a Decoction that cools the Livers, for that quickly paſſeth the Stomach, and is at the Liver immediately.

You muſt not think (courteous People) that I can ſpend Time to give you Examples of all Diſeaſes; theſe are enough to let you ſee ſo much Light as you without Art are able to receive; if I ſhould ſet you to look at the Sun, I ſhould dazzle your Eyes, and make you blind,

Secondly, To ſuch as ſtudy Aſtrology, (who are the only Men I know that are fit to ſtudy Phyſick; Phyſick without Aſtrology being like a Lamp without Oil) Yon are the Men I exceedingly reſpect, and ſuch Documents as my Brain can give you at preſent (being abſent from my Study) I ſhall give you.

1. Fortify the Body with Herbs of the Nature of the Lord of the Aſcendant, 'tis no matter whether he be a Fortune or Infortune in this Caſe.
2. Let your Medicine be ſomething Antipathetical to the Lord of the Sixth.
3. Let your Medicine be ſomething of the Nature of the Sign aſcending.
4. If the Lord of the Tenth be ſtrong, make Uſe of his Medicines.
5. If this cannot well be, make Uſe of the Medicines of the Light of Time.
6. Be ſure always to fortify the griev'd Part of the Body by Sympathetical Remedies.
7. Regard the Heart, keep that upon the Wheels, becauſe the Sun is the Foundation of Life, and therefore thoſe univerſal Remedies, *Aurum Potabile*, and the Philoſopher's Stone, cure all Diſeaſes by fortifying the Heart.

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